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BABY BUMP
MAGGIE GYLLENHAAL PREGNANT AGAIN
{page 25}

THE HOLIDAYS ARE NUTS
CHILI SPICED NUTS A PERFECT SNACK {page 30}

‘FLESH SELLS’
ACTORS BARE ALL FOR THE BIG SCREEN
{page 22}

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Wednesday, November 30, 2011
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Council settles on 6% tax hike

Taxes will increase by about $6.60 per month, according to city officials ◐ Mayor Nenshi wanted to keep tax hike around 5 per cent ◐ $36 million was drawn from the city’s fiscal sustainability reserve to cover some costs

KATIE TURNER
@METRONEWS.CA

After more than a week of adding, slashing and tweaking the city’s three-year budget plan, city council finally settled on a tax hike of six per cent for next year.

The following two years will see increases of about 5.6 per cent in 2013 and 6.1 per cent in 2014.

Despite exchanges throughout the course of the week, including a comment made by Mayor Naheed Nenshi accusing some of his colleagues of treating Calgarians like an ATM machine, council concluded the discussions on a high-note, passing around thanks to one another.

“This is quite a different tone than I can recall in previous budgets, your worship” said Ald. Diane Colley-Urquhart to the mayor. “Thank you very much. It was meaningful.”

More on the budget {page 3}

Canned. Food

▶ Nick Cherniwchan, front left, and Brent Rowat of Suncor Energy, along with Shajib Darain of PricewaterhouseCoopers put the final touches on their creation yesterday.

KATIE TURNER/METRO

Christmas trees out of canned peas

Volunteers used more than 3,700 cans to build Christmas trees made from canned peas and a life-sized nutcracker in the lobby of the Suncor Energy Centre. The food items will be donated later this month to the Calgary Inter-faith Food Bank.

Olympic Plaza

Occupy camp turmoil

◐ Officials pull the plug on protesters — literally {page 8}

What’s on his mind?

Study cracks stereotype of men always thinking about sex {page 14}

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P110535	2011	BUICK	ENCLAVE	6 remain	$45,365	$258	$38,393	$6,972
P110971	2011	BUICK	LACROSSE	1 remain	$44,235	$273	$40,487	$3,748
P110929	2011	BUICK	LUCERNE	8 remain	$35,640	$187	$27,766	$7,874
P110007	2011	BUICK	REGAL	5 remain	$33,540	$192	$28,503	$5,037
C111262	2011	CADILLAC	CTS	4 remain	$38,695	$227	$33,751	$4,944
C111253	2011	CADILLAC	ESCALADE	5 remain	$93,230	$506	$75,209	$18,021
C110545	2011	CADILLAC	SRX	2 remain	$43,560	$280	$41,659	$1,901
C111733	2011	CHEVROLET	2500 4WD CREW CAB	2 remain	$57,425	$307	$45,624	$11,801
C111916	2011	CHEVROLET	2500 4WD EXT. CAB	1 remain	$61,425	$331	$49,187	$12,238
C111926	2011	CHEVROLET	AVALANCHE	1 remain	$59,665	$306	$45,478	$14,187
C111531	2011	CHEVROLET	AVEO	1 remain	$19,410	$101	$15,024	$4,386
C111371	2011	CHEVROLET	CAMARO	5 remain	$30,240	$170	$25,284	$4,956
C110717	2011	CHEVROLET	COLORADO 2WD REG. CAB	6 remain	$26,060	$118	$17,575	$8,485
C111201	2011	CHEVROLET	COLORADO 4WD EXT. CAB	2 remain	$33,270	$162	$24,117	$9,153
C110755	2011	CHEVROLET	CRUZE	14 remain	$16,510	$109	$16,179	$331
C110348	2011	CHEVROLET	EQUINOX	3 remain	$31,440	$203	$30,222	$1,218
C111915	2011	CHEVROLET	EXPRESS	3 remain	$34,575	$210	$31,199	$3,376
C110233	2011	CHEVROLET	IMPALA	8 remain	$29,555	$176	$26,206	$3,349
C111792	2011	CHEVROLET	1500 2WD EXT. CAB	1 remain	$31,580	$140	$20,807	$10,773
C111660	2011	CHEVROLET	1500 4WD REG. CAB	14 remain	$34,310	$162	$24,080	$10,230
C110368	2011	CHEVROLET	MALIBU	4 remain	$29,045	$159	$23,614	$5,431
C110827	2011	CHEVROLET	SILVERADO	7 remain	$28,455	$127	$18,941	$9,514
C111919	2011	CHEVROLET	SILVERADO	2 remain	$40,540	$193	$28,643	$11,897
C120309	2011	CHEVROLET	SILVERADO	2 remain	$41,460	$197	$29,213	$12,247
P110798	2011	CHEVROLET	SUBURBAN	1 remain	$79,740	$459	$68,171	$11,569
C110931	2011	CHEVROLET	TAHOE	1 remain	$67,720	$387	$57,471	$10,249
C111028	2011	CHEVROLET	TRAVERSE	13 remain	$37,395	$214	$31,752	$5,643
P111099	2011	GMC	2WD EXT. CAB	1 remain	$31,580	$140	$20,807	$10,773
P110822	2011	GMC	2WD CREW CAB	2 remain	$33,940	$154	$22,904	$11,036
P111101	2011	GMC	1500 4WD REG. CAB	1 remain	$34,770	$165	$24,564	$10,206
P111255	2011	GMC	1500 4WD EXT. CAB	9 remain	$39,535	$187	$27,851	$11,684
P111021	2011	GMC	2500 4WD CREW CAB	5 remain	$52,180	$275	$40,920	$11,260
P110920	2011	GMC	2500 4WD EXT. CAB	1 remain	$51,930	$276	$40,935	$10,995
P110667	2011	GMC	CANYON 2WD REG. CAB	2 remain	$26,095	$113	$16,825	$9,270
P110937	2011	GMC	CANYON 2WD EXT. CAB	1 remain	$28,465	$128	$18,964	$9,501
P110933	2011	GMC	CANYON 4WD EXT. CAB	1 remain	$39,245	$192	$28,554	$10,691
P111190	2011	GMC	1500 2WD REG. CAB	4 remain	$28,920	$131	$19,432	$9,488
P111165	2011	GMC	1500 4WD CREW CAB	23 remain	$40,135	$191	$28,408	$11,727
P110623	2011	GMC	TERRAIN	4 remain	$29,015	$192	$28,527	$488
P110773	2011	GMC	YUKON	1 remain	$82,065	$470	$69,869	$12,196

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By the numbers

$79

The average Calgarian will see roughly $79 per year added to their property tax bill in 2012 and in 2013. In 2014, the yearly increase will be closer to $90.

$248

By 2014, the average homeowner in Calgary will pay approximately $248 more per year than in 2011.

9.8%

Council approved an average yearly increases to water and wastewater fees of 9.8 per cent in each of the next three years.

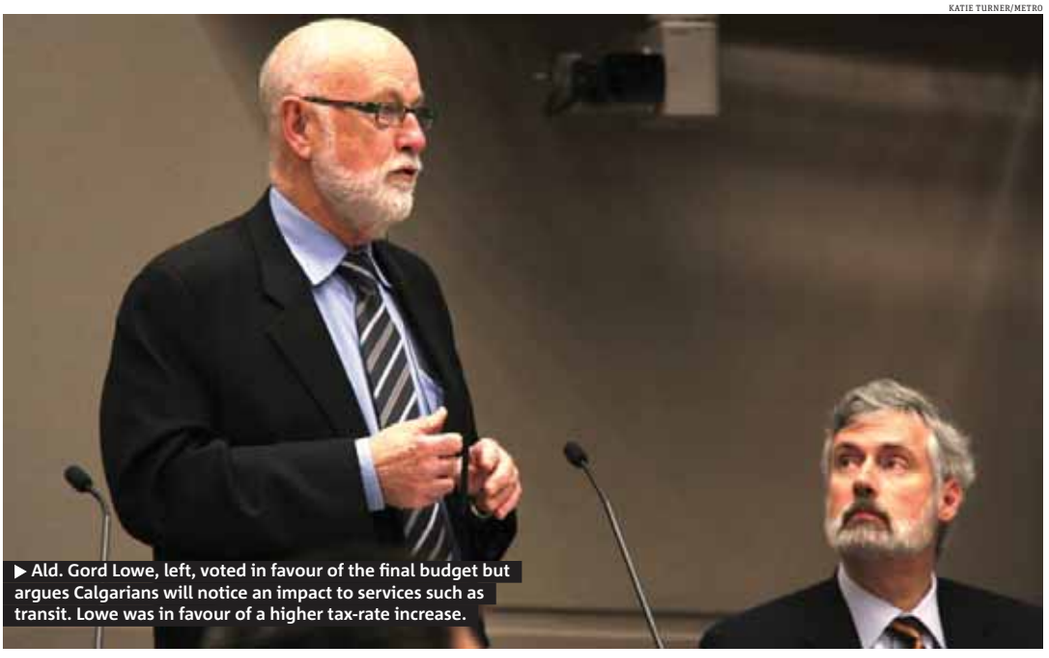
8%

Ald. Gord Lowe was advocating for a tax hike of 8 per cent in 2012 and 6 per cent the following two years. Lowe argued additional tax revenue would be required to provide what Calgarians said was important.

122

The Calgary Police Service will be adding an additional 122 officers over the next three years: 32 in 2012, 40 in 2013 and 50 in 2014.

KATIE TURNER/METRO



▶ Ald. Gord Lowe, left, voted in favour of the final budget but argues Calgarians will notice an impact to services such as transit. Lowe was in favour of a higher tax-rate increase.

Budget strikes right balance: Nenshi

- Calgary Police Service received biggest budget boost
- $6 million addition to Calgary Transit not enough, says Ald. Lowe

KATIE TURNER
@METRONEWS.CA

Debates between council's fiscal hawks and those pushing for higher levels of services resulted in a middle-of-the-road tax hike that Mayor Naheed Nenshi said he's pleased with.

Although Nenshi campaigned for a tax rate closer to five per cent, he said this budget strikes the right balance.

"We have approved a budget that preserves the services Calgarians told us were important," he said. "We're also doing that for a tax rate that remains the lowest of any major city in Canada."

Council's most notable budget boost went to the police when proposed cuts to the tune of $5.1 million were restored and an additional $18.3 million was allocated for new hires.

On the other hand, Ald. Gord Lowe argued the tax increase was not enough to adequately service transit customers.

"I think we've done a disservice to Calgarians by cutting transit," he said. "There will be no new bus routes in any new communities on the edge of the city."

Aldermen Peter Demong and Andre Chabot were the only two to vote against the budget, stating the increases were too high for Calgarians to swallow.

"There's a lot of people out there who see this as a significant increase," said Chabot.

Tax facts

- Council began deliberations on Nov. 21 and finalized discussions yesterday.
- The approved budget documents will be available in January 2012, according to a city release.
- The tax rate will be finalized in April of next year.

1 news

Only one in four Americans with the AIDS virus has the infection under control with medications, U.S. federal health officials say. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

November is traditionally a strong month on the markets, says Allan Small, but this year a large sell-off has wiped out all the gains made in October. More at metronews.ca/investing

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Explosion death a 'targeted attack': Police

HANDOUT

▶ Innisfail mother Vicky Shachtay seen here with her daughter Destiny.

RCMP are now confident an exploding package that ultimately killed a south-central Alberta mother was not delivered at random, but are still urging the public to remain vigilant.

Vicky Shachtay, a 23-year-old Innisfail resident, died Friday morning after a package dropped off at her apartment blew up.

RCMP spokesperson Patrick Webb said results of an autopsy released yesterday confirmed rumours that the package was created with the intent of harming Shachtay, who friends claim had no enemies.

"It was a targeted attack.... We aren't releasing exactly how we came to that conclusion," Webb said.

RCMP are still advising the public to report any unexpected packages.

Shachtay, who was confined to a wheelchair, may have alerted family members to the suspicious delivery prior to her death, but investigators have not confirmed that. A caregiver inside the residence when the package exploded escaped injury and Shachtay's daughter was not home.

7 Innisfail victim Vicky Shachtay leaves behind a seven-year-old daughter named Destiny. A trust has been set up to aid the youngster at the Royal Bank.

The victim's family members have yet to speak publicly, but Pastor Dave Wiebe, acting on their behalf, said a funeral has been planned for 1 p.m. Saturday at the Innisfail Alliance Church.

"It's a difficult time," he said. "(Vicky's) mother died of cancer last year. I walked with them through that loss and now they are dealing with this — they are devastated." ● JEREMY NOLAIS

City ready for snow and parking bans

◗ Crews applied anti-icing agent to major routes, anticipating snow event would be declared ◗ Overnight bans were not in effect last night

KATIE TURNER
@METRONEWS.CA

KATIE TURNER/METRO

▶ About 4,000 signs, such as this one in front of the Calgary Tower, have been placed around the city to explain where parking bans will be in a snow event.

Forecasts for snow had the city preparing for their first trial run of snow-related parking bans.

Spokesperson for the roads department Tara Norton-Merrin said they are hoping to identify any kink in the system during the first snow event and make corrections.

"It's a learning experience for all of us and I think if Calgarians just keep in mind why we have these snow bans, that will go a long way."

The intention behind the 72-hour parking ban, according to Norton-Merrin, is to hasten snow clearing on major roads and move on to residential areas.

She said the city will first issue an advisory, letting the media and Calgarians know a snow event may occur and a second notice when a snow event is officially declared.

"Hopefully people will take that advisory to heart ... instead of waiting for a snow event to be declared," said Norton-Merrin.

Mayor Naheed Nenshi said he's confident Calgarians are aware of the parking bans along Priority 1 and 2 routes. "I don't know if everyone agrees with them but I think most people are well aware of them," said Nenshi. "Remember, this is an experiment. If it doesn't work on certain streets, we'll fix it, but we won't know if it works until we actually try."

Ban alerts

- To find out when a snow event has been declared and where the snow routes are, visit calgary.ca/snow.
- The city is encouraging Calgarians to sign up for email alerts online.
- An automated message on 311 will provide information during a snow event.
- Handicap zones are exempt from the parking bans at all times.

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GLS model shown

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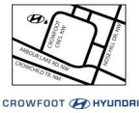

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"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Sonata GL 6-Speed/2012 Accent L 5Dr 6-Speed/2012 Elantra L 6-Speed/2012 Elantra Touring L 5-Speed/2012 Veracruz GL FWD with an annual finance rate of 0%/2.9%/0%/0% for 72/72/72/60/84 months. Bi-weekly payment is $156/$106/$122/$134/$194. No down payment is required. Cost of Borrowing is $0/$1,360/$1,662/$0/$0. Finance offers include Delivery and Destination of $1,565/$1,495/$1,495/$1,495/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2012 Elantra L 6-speed for $17,344 at 2.9% per annum equals $122 bi-weekly for 72 months for a total obligation of $18,906. Cash price is $17,344. Cost of Borrowing is $1,562. Example price includes Delivery and Destination of $1,495. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ††Prices for models shown: 2012 Sonata Limited/2012 Accent GLS 5Dr Manual/2012 Elantra Limited/2012 Elantra Touring GLS Manual/2012 Veracruz GLS is $31,464/$18,694/$24,194/$22,144/$41,759. Delivery and Destination charges of $1,565/$1,495/$1,495/$1,495/$1,760 are included. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ΔFuel economy comparison based on combined fuel consumption rating for the 2012 Accent 5Dr 6-Speed Manual (4.9L/100km), manufacturer's testing and 2011 AIAMC combined fuel consumption ratings for the sub-compact vehicle class. ‡AutoPacific Vehicle Satisfaction Award for Best Compact Car awarded to the 2011 Elantra Sedan. ▼Fuel consumption for 2012 Sonata GL 6-Speed (HWY 5.7L/100KM; City 8.7L/100KM)/2012 Accent L 5Dr 6-Speed (HWY 4.9L/100KM; City 6.7L/100KM)/2012 Elantra L 6-speed manual (HWY 4.9L/100KM; City 6.8L/100KM)/2012 Elantra Touring L 5SPD (HWY 6.4L/100km; City 8.9L/100km)/2012 Veracruz GL FWD (HWY 8.5L/100KM; City 12.7L/100KM) are based on Manufacturer's testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †•Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ▪Based on the September 2011 AIAMC report. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Heartland fan avoids charges

A lovelorn Alberta man charged with harassing one of the stars of the CBC series Heartland has agreed to a peace bond that will keep him away from her.

Jacob Cornelis Glas, 21, was arrested in July and charged with criminal harassment and firearms offences. He had driven from his home in High River to the set of the show with a rifle and 1,000 rounds of ammunition in his car. He had previously visited the set four times with letters expressing affection for 23-year-old Amber Marshall.

Glas agreed to the $3,000 peace bond, which, if kept for a 12-month period, lets him avoid prosecution.

THE CANADIAN PRESS

Education phone chat sets positive tone

Alberta's education minister fielded questions on everything from sustainable funding and weighting of provincial exams to assistance for building school playgrounds during a teleconference with parents last night.

Thomas Lukaszuk listened to parents' concerns about funding gaps in the face of growing enrolment.

Some Calgary callers questioned the lack of middle schools in new communities, while others expressed worries over a lack of space for specialized learning.

Lukaszuk said the government is making education a top priority, and hinted at changes to testing and some funding processes.

370

More than 370 school groups and parents signed on to take part in the chat with Thomas Lukaszuk last night.

"We want to make sure that we don't leave kids behind and every child has the ability to maximize their talents," he said.

Lukaszuk also urged parents to get involved in a re-evaluation of the Education Act, which has proposed, among other measures, to keep kids in school longer and give them more time to get their high school diploma.

JEREMY NOLAIS

Record year for 'bully breed' dogs, humane society says

METRO FILE

▶ Pit bulls are turning up more often at the Calgary Humane Society, leading the group's executive director to believe that these and other large dogs are being bred rapidly for criminal purposes.

Pit bulls, mastiffs, crossed breeds showing up more often at shelter

JEREMY NOLAIS
@METRONEWS.CA

Calgary Humane Society officials fear dogs are being bred for criminal purposes in record numbers this year.

Executive director Patricia Cameron said that while the final numbers are still being tabulated, the society is seeing a greater number of large, violent dogs.

"They're what we call bully breeds," she said. "We believe there is no bad breed of animal. However, we believe an ultra-large dog — because of their strength and athleticism — require a certain kind of owner and home."

Evidence in the past has suggested these dogs may be used in rural Alberta fighting rings and to guard criminal endeavours, namely marijuana grow-operations, Cameron said.

Bill Bruce, head of Calgary's animal bylaw services, said his staff is seeing more cross-breeding to create super-sized dogs, some as heavy as 68 kilograms.

"People often don't realize they have got more dog than they can handle," Bruce said. "It would be like if you just got your learner's permit and you were handed the keys to a turbo Porsche Carrera."

Cameron said more community effort is needed to combat the problem. "I think the community needs to say that actually breeders are running a business and need to be regulated in an appropriate manner," she said. "We regulate people who have firearms in their house but not a dog, and a dog can hurt and kill."

It's the pits

- **The Calgary Humane** Society has seen some 500 pit bulls pass through its shelter in the past five years.
- **Many of the dogs have not** been taught basic manners, such as bite inhibition, which makes them more likely to attack.
- **In May, 30 severely** dehydrated pit bulls were seized from a Calgary breeding operation. Last year, another large group of pit bulls were found near Calgary, suffering from serious injuries — one was even missing an eye.

Police unsure about criminal dog trend

Police responsible for clamping down on marijuana grow-ops do encounter vicious dogs on occasion, but there is no clear sign that more are being used by criminals.

Candace Cook, spokesperson for the Alberta Law Enforcement Response Teams, said the most common animal encountered in drug raids is the pit bull.

JEREMY NOLAIS

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Power struggle emerges at Occupy camp

Demonstrators admit to using city outlets to recharge electronics, run heaters Olympic Plaza camp's fate to be determined in court Friday

JEREMY NOLAIS
@METRONEWS.CA

Debate over who holds the power in the ongoing Occupy Calgary saga took a literal turn, of sorts, yesterday morning.

City bylaw officials arrived at Olympic Plaza, where demonstrators have been camped out for the past 46 days, to close off electrical circuits witnesses claimed were being used to power hotplates and portable heaters.

"We already had one fire there started by a candle," said bylaw boss Bill Bruce, referring to an incident at the plaza earlier this month that sent two to hospital. "We don't want another one."

But occupier Derrick Frank took issue with the city crackdown, claiming that heat is a basic human right.

"It's bloody cold out here.... We have cellphones we need to keep charged, especially for safety concerns in terms of nightwatch," he said. "We have no other way to do dishes, no way to cook."

Occupiers had previously demanded the city provide electricity among other amenities at the camp during a general assembly meeting held earlier this month.

Bruce was less than sympathetic to camp members' concerns, noting the outlets were reserved for Christmas light displays at the plaza.

"They're always mad about something," he said. "I am very tired of it."

Plugged in

- Charges for theft of power were not laid yesterday against Occupy Calgary members because they were not using the city-owned outlets when officials arrived on scene.
- Earlier this month demonstrators plugged into outlets belonging to Teatro, a nearby restaurant. General manager Devin Morrison said the demonstrators were polite and Teatro has had no issues during the occupation.
- A court is expected to weigh in Friday on whether removing demonstrators would violate their charter rights.

JEREMY NOLAIS/METRO

Derrick Frank uses a small butane stove, the lone heat source available at the Occupy Calgary camp, after city officials cut off the group's access to nearby electrical outlets yesterday.

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Red Deer infant victim of homicide

JEREMY NOLAIS
@METRONEWS.CA

One of Red Deer's youngest residents is the city's latest homicide victim, but RCMP are releasing few details about who may have been responsible.

The four-month-old girl was rushed to a local hospital Friday around 6:30 p.m. suffering from head injuries.

She was later airlifted to a hospital in Edmonton but she then died early Saturday morning.

Results of an autopsy conducted Monday indicated the toddler had died at the hands of someone, but little else is clear.

Her name has not been released.

"We are not even saying for sure where the child was when the injuries occurred," said RCMP Cpl. Kathe Deheer yesterday. "Our investigation has only been deemed a homicide as of (Monday). Our investigators are working vigorously on this."

A parent did transport the girl to hospital, Deheer said and an RCMP spokesperson confirmed over the weekend that the toddler was not in foster care.

Major crimes investigators and forensic teams from both Calgary and Edmonton have been called to assist with the case.

For more local news, visit metronews.ca/calgary

Windy landing video goes viral

Pilot opted to land crooked during the Calgary windstorm on Sunday
Crab-style landing proper technique for conditions: Aviation enthusiast

JEREMY NOLAIS
@METRONEWS.CA

JEREMY NOLAIS/METRO

▶ Kevin Snaden is seen yesterday with a video now viewed by hundreds of thousands across North America — one he shot during Calgary's weekend windstorm.

Footage of a seemingly daring airplane landing during a fierce Calgary windstorm Sunday has already drawn over 200,000 awe-struck viewers, but the man behind the lens says the pilot's actions were actually quite textbook.

Kevin Snaden journeyed with a friend to a field near a Calgary International Airport landing strip just as he had done numerous times before.

For more than an hour, the aviation enthusiasts attempted to shoot photos and video of planes steering through winds whipping through at up to 80 kilometres an hour, but most of their material was quite blurry.

Finally, Snaden's final attempt of the day would prove to be the big one, as he captured footage of a crooked Lufthansa Airbus landing that, to the untrained eye, indicates a disaster was averted by mere metres.

The video was quickly snapped up by numerous media organizations across Canada, sending the viewer tally on Snaden's YouTube account sky-high.

"It was a very normal procedure for that type of weather situation," Snaden said. "I am surprised with the following it has gotten ... but I think it also communicates just how windy it was."

To watch

▶ To see Kevin Snaden's video, head to metronews.ca/calgary

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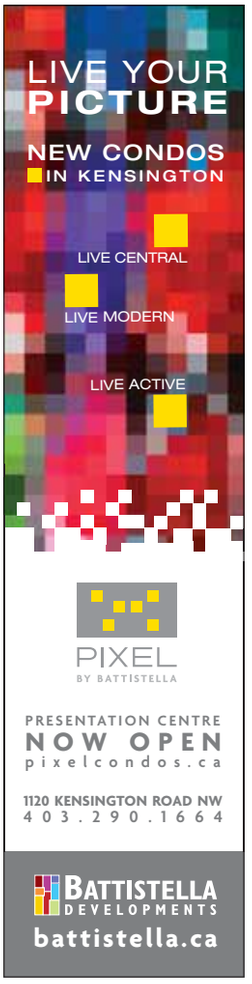

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Emails contradict PM's spokesman

Documents indicate enforcement of change from 'Government of Canada' to 'Harper Government'

Federal public servants were trying to understand the wholesale "Harperization" of Government of Canada communications six months before a spokesman for the prime minister emphatically denied any change in policy or practice.

New documents obtained by The Canadian Press under the Access to Information Act directly contradict published claims by Stephen Harper's chief spokesman that bureaucrats have not been directed to replace the words Government of Canada with "Harper Government" in departmental news releases and backgrounders.

Top former civil servants say the wording change marks a disturbing new trend in the politicization of the bureaucracy — and breaches both communications policy and the civil service ethics policy.

Insiders say ongoing editing skirmishes continue between some government departments with strong leadership and the Privy Council Office, the bureaucracy known as PCO that serves the prime minister.

"The directive we have from the (director general's office) is that if PCO adds the Harper Government reference, then we leave it in," says an email to communications officials at Industry, dated Oct. 5, 2010. "Please proceed with this approach. Sorry — it is what PCO has instructed."

An editor responded: "Given this directive, and with mild distress, I have reinstalled the phrasing."

When the change in nomenclature was revealed last March, Harper's chief spokesman at the time, Dimitri Soudas, wrote to Canadian newspapers asserting "no directive" went out to civil servants. "Nothing could be further from the truth," Harper's spokesman declared. THE CANADIAN PRESS

Occupy. Squat

▶ In this photo taken Nov. 22, an Occupy Seattle protester, who declined to be identified, enters a formerly boarded-up duplex that protesters have taken over in Seattle's Central District.

ELAINE THOMPSON/ THE ASSOCIATED PRESS

Occupiers turn into squatters

To protest foreclosures in the nation's housing market, Occupy Wall Street demonstrators in Seattle, Portland and Oakland have taken up a new tactic: squatting in vacant properties.

Witness recalls dead Afghan wife's cries

An Afghan woman living in Montreal would not leave home or go to police for fear her abusive husband would kill her, an Ontario murder trial heard Tuesday.

In her testimony, Fahimah Vorgetts testified how Rona Amir Mohammad grew increasingly desperate in the year before she was found drowned along with her husband's three teen daughters.

"Almost every time she called, she would be crying and crying," Vorgetts testified. "She said that if she leaves the house, if she goes to the police, her husband would kill her."

Vorgetts, an Afghan women's rights activist who now lives in Virginia, said she tried to persuade Mohammad to leave her husband Mohammad Shafia, who is now a co-accused in the four drowning deaths.

But in a series of furtive payphone calls, Mohammad said she had no status in Canada, had no documents because her husband kept them all, and worried about being sent back to Afghanistan where his relatives would kill her.

Calling from a park payphone because she could not call from home, Mohammad told Vorgetts that Shafia had kicked her and pulled her hair.

She also talked about how Shafia's second wife, Tooba Yahya, would humiliate her constantly in front of the children and guests, Ontario Superior Court heard. THE CANADIAN PRESS

COLIN PERKEL/THE CANADIAN PRESS

▶ Tooba Mohammad Yahya and her son Hamed Mohammed Shafia leave court in Kingston, Ont. yesterday.

Family witness

Mohammad's youngest sister, Diba Masoomi, who flew in from France, said she wants justice.

- **She told the jury of an** increasingly abusive relationship relayed in phone calls from Montreal.
- **Masoomi admitted she** never told anyone about the calls, saying she didn't believe anything could happen in Canada.

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7-seconds myth set straight

[illegible] times a day: Study ◆ That's nearly twice as often as women think of it

KAREN WASTESON
CALGARY@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Men think almost as much about food as sex, but they don't think about sex as often as previously believed, a new study reveals.

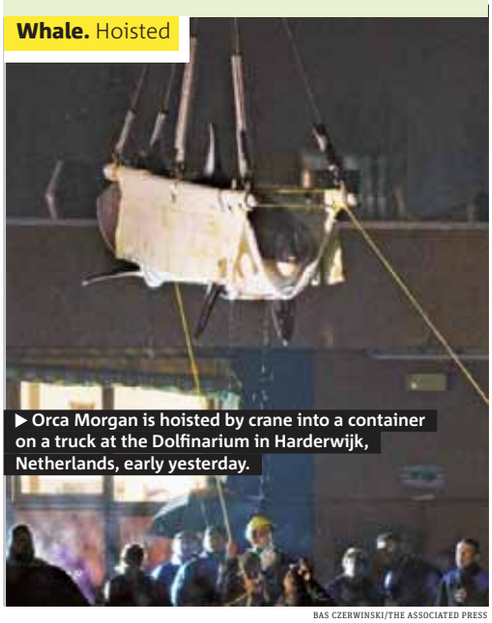
"Young people don't think about sex as often as the general popular image suggests — the 'once every seven seconds' is very far off from reality, and the sex differences are not as large as we believe," says Terri Fisher, who is a professor of psychology at Ohio State University and lead author of the study.

She recruited 163 female and 120 male college students between 18 and 25 for the week-long study. Participants were asked to press a small plastic device every time they thought about sexual stimuli of any kind, fantasies and erotic images. Two control groups recording thoughts of food and sleep were also included.

It turned out men think about sex 19 times a day, and sleep 18 times a day.

That is nearly twice as often as women think about sex, but men also think more about food and sleep.

Whale. Hoisted



▶ Orca Morgan is hoisted by crane into a container on a truck at the Dolfinarium in Harderwijk, Netherlands, early yesterday.

BAS CZERWINSKI/THE ASSOCIATED PRESS

Whale of a trip for Orca

A Dutch dolphin park loaded a young killer whale into a container on a truck ahead of her transfer by plane to amusement park Loro Parque on the Spanish island of Tenerife yesterday after conservationists lost a legal battle to have her released.

Trial for mag that doctored goddess' image

A German magazine has gone on trial in Athens on defamation charges for publishing a doctored image of an ancient Greek goddess on its cover raising her middle finger to Europeans.

Yesterday judges rejected bids by the prosecution and defence lawyers to dismiss charges against the publisher of Focus weekly and 12 of its journalists. All thirteen have been formally accused of insulting a national symbol. Focus enraged many in debt-crippled Greece with its February 2010 cover that showed the iconic Venus de Milo statue, draped in a Greek flag and making the lewd gesture next to the headline "Cheats in the European family."

THE ASSOCIATED PRESS

Charges

The charges, which carry a maximum two-year prison sentence, followed a complaint by a group of Greek lawyers.

Hunt on for Christmas tree thief

Police in a New Hampshire city are looking for the Grinch who stole about 20 Christmas trees from a stand on Thanksgiving Day.

David Gouette of Maggie D's Garden Center tells The Laconia Daily Sun someone made off with his biggest and best Balsam and Frazier firs on the Thanksgiving holiday. THE ASSOCIATED PRESS

$50 The centre's owner says the trees are worth $50 each.

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Countries at odds over green fund at UN climate talks

Global-warming report provides bleak backdrop to Durban conference

International climate negotiators were at odds yesterday on how to raise billions of dollars to help poor countries cope with global warming. A major shipping group is willing to help, endorsing a proposal for a carbon tax on vessels carrying the world's trade.

Details of the tussle over the funding emerged as the UN's weather agency reported that 2011 was tied as the 10th-hottest year since records began in 1850. Arctic sea ice, a barometer for the entire planet, had shrunk to a record low volume, said the World Meteorological Organization.

Putting the final touches on what's known as the Green Climate Fund is a top issue at the 192-party UN climate conference that was in its second day Tuesday in the South African coastal city of Durban, and one of the keys of a strategy to contain greenhouse gas emissions and keep global warming within manageable limits.

The two-week conference is to finalize a plan on managing climate finances, due to scale up to $100 billion annually by 2020.

The International Chamber of Shipping, representing about 80 per cent of the world's merchant marine, joined forces with aid groups Oxfam and WWF International to urge the conference to adopt guidelines for a levy on carbon emissions by ships.

Details of any levy would be worked out by the International Maritime Organization, the UN agency regulating international shipping, the aid groups and the chamber said in a joint statement.

THE ASSOCIATED PRESS

▶ A tree is lit up by cyclists generating electricity as part of an exhibit at the climate change conference in Durban, South Africa, yesterday.

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The two-week conference is to finalize a plan on managing climate finances, due to scale up to $100 billion annually by 2020.

More heat than we can handle?

The world temperatures report released yesterday provided a bleak backdrop to negotiators seeking ways to limit pollution blamed for global warming.

2011 has been a year of extreme weather right across the globe, the World Meteorological Organization reported.

"Climate change is real, and we are already observing its manifestations in weather and climate patterns around the world," said R.D.J. Lengoasa, the WMO's deputy director, noting human activity is a significant contributor.

Protest mob storms British embassy in Tehran

Hardline Iranian protesters stormed British diplomatic compounds yesterday, hauling down the Union Jack, torching an embassy vehicle and pelting buildings with petrol bombs in what began as an apparent state-approved show of anger over the latest Western sanctions to punish Tehran for defiance over its nuclear program.

The hours-long assault on the British embassy and a residential complex for staff — in chaotic scenes reminiscent of the seizing of the U.S. embassy in 1979 — could push already frayed diplomatic ties toward the breaking point.

Iran's parliament approved a bill Sunday to downgrade relations with Britain, one of America's closest allies with diplomatic envoys in the Islamic Republic.

Calling yesterday's attack "outrageous and indefensible," British Prime Minister David Cameron said that Iran's failure to defend the embassy and its staff was a disgrace and would have "serious consequences."

He said all embassy staff had been accounted for and praised Britain's ambassador to Iran for handling a "dangerous situation with calm and professionalism."

Sorting out who to blame may be difficult.

The late-afternoon demonstration outside the British embassy was organized by pro-government groups at universities and Islamic seminaries, and could not have taken place without official sanction.

However, such anti-Western rallies often draw ultraconservative factions such as the basiji, a paramilitary group run by the powerful Revolutionary Guard that is directly controlled by Iran's ruling theocracy.

THE ASSOCIATED PRESS

VAHID SALEMI/THE ASSOCIATED PRESS

▶ Iranian police officers prevent protesters from entering the British embassy in Tehran yesterday.

MARIO ANZUONI,/THE ASSOCIATED PRESS

▶ Dr. Conrad Murray closes his eyes yesterday after he was sentenced for his involuntary manslaughter conviction in the death of singer Michael Jackson.

Jackson's doctor gets four-year jail term

Murray will likely serve less than two years in county jail Jackson family is pleased with sentence

A judge's stern voice broke the silence of a Los Angeles courtroom: "Money for madness medicine," he said before sentencing Dr. Conrad Murray to the maximum four years behind bars for Michael Jackson's death.

Judge Michael Pastor denounced Murray as a greedy, remorseless physician whose gross negligence killed the King of Pop.

Pastor said Murray sold out his profession for a promised fee of $150,000 a month and accused Murray of committing a "horrific violation of trust" when he agreed to give Jackson a powerful anesthetic every night as an unorthodox cure for insomnia.

Jackson's family said in a statement read in court that they were not seeking revenge but a stiff sentence for Murray that served as a warning to opportunistic doctors.

"We're going to be a family. We're going to move forward. We're going to tour, play the music, and miss him," brother Jermaine Jackson said.

THE ASSOCIATED PRESS

Doctor in debt

- Prosecutors cited Murray's statements to advocate that he receive the maximum term. They also want him to pay restitution to the singer's three children — Prince, Paris and Blanket.
- It's unlikely that Murray can pay any sizable sum, as he was deeply in debt when he agreed to serve as Jackson's personal physician for $150,000 a month, and the singer died before Murray received any payment.

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JUST SAYIN' ...

PAUL SULLIVAN
METRO

Think you're hip to the hottest consumer trends?

Well, unless you're all over spreadable bacon, My Little Pony, Honey Badger and Pickle Juice, you are nowhere, my friend.

Time to go to school, fool.

Ad Age, the bible of Madison Avenue, released its annual list of 25 hottest brands Monday, and along with obvious choices such as the Chevy Cruze and the HTC smartphone, apparently America can't get enough of Street Skillet Bacon Spread and My Little Pony.

Seattle's Street Skillet's revenue is $3 million so far this year, mainly on the strength of the sale of bacon jam. It's one of Rachel Ray's fall favourite foods.

"Admit it: never in a million years would you consider bacon jam a million-dollar idea. That's why John Henderson is a successful entrepreneur and you aren't. No jam."

Admit it: never in a million years would you consider bacon jam a million-dollar idea. That's why John Henderson is a successful entrepreneur and you aren't. No jam.

I bet you also let Pickle Juice slip through your fingers, too. Not so for Brandon Brooks, who had the vision and foresight to believe that people will buy anything as long as it's sold as an electrolyte replacement. Brooks is planning to blend Pickle Juice with pomegranate to make it taste better, which only goes to prove that a spoonful of sugar helps the Pickle Juice go down.

The list includes a bunch of nostalgia items, like Goldfish, those tasteless little crackers that are hot again, even though they're still tasteless. But after bacon jam and Pickle Juice, that's probably a good thing.

Then there's the inexplicable rebirth of My Little Pony, the foremost mania of my daughter when she was a little girl, some 25 years ago. I could never figure out why she would brush Her Little Pony for hours, yet I could never get her to brush the dog. I assume My Little Pony smelled better.

What's really weird is that the latest craze is being driven by an audience of adolescent and adult males called "bronies." They have their own podcast called Bronyville and their own New York convention called BroNYCon. The My Little Pony website has 71 million hits.

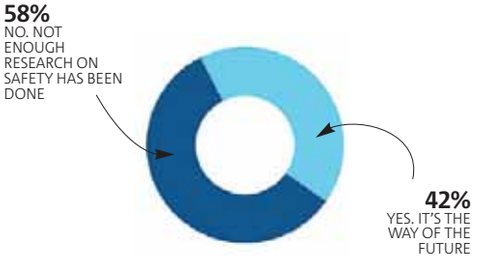
As weird as all of the above are, topping the list is the Honey Badger, which started as a bit player in a National Geographic special and has morphed into the Tasmanian Devil of the 21st century. He's so bad, he eats venom-spitting cobras alive and braves thousands of bee stings to eat their larvae. He's now the spokesvermin for Wonderful Pistachios, which he cracks by whacking them with a snake.

Don't believe me. Check him out on YouTube, where he has 23 million hits, but he don't care.

He's just bad.

Register at metropolitanpanel.ca and take the quick poll

Should schools become Wi-Fi hotspots?



Local tweets

- **@Lindsay_Skeans:** Yucks... winter storm warning!! #yyc
- **@Eldonko:** If I lived 1 house over I woulnt be able to park in front of my house in the winter #WTF #YYC
- **@AlliSayles:** Off to fill up the tank after work before hitting the gym. Hopefully tonight's snow event is not a giant disaster. I hate winter #yyc
- **@Jivanya:** Watching this Christmas TV movie called Dear Santa... Nice to see parts of downtown #yyc in it.
- **@hockeymom311:** Glad we will miss the storm in #yyc. Loving the sun in #phx!
- **@ABJourno:** I like living in a city where you can leave your garage door open all night (by mistake) and everything's still there in the morning. #yyc
- **@DannyKidRadio:** I wanna (get) the most agressive 26's on the planet and go biking in the #snow tonight! #yyc!!!
- **@amandalindhout:** Lots of in love couples at the #yyc airport- so cute! #waiting-formright

DYRK DANIELS/SOLENT NEWS/REX FEATURES

Daily Zoom

They call it 'Kitten Love'

Sharing a tender tiger moment

USA. "The little girl was so excited that she started clapping," says photographer Dyrk Daniels, who captured this moment at the Cougar Mountain Zoo in Issaquah, Wash. Golden Bengal tiger Taj walked to the glass, put his right paw up against it where the girl's hand was and bowed his head. MWN

"During my 27 years of working with tigers, I have never seen anything like it before."

RON TILSON, INTERNATIONAL TIGER EXPERT, MINNESOTA ZOO

Instead of 'Ahh!' it was 'Aww!'

RECOLLECTION. Daniels, 47, describes this chance occurrence at the zoo, saying he didn't expect such tenderness from the predatory kitty. "I noticed that Taj had taken an interest in the girl and was heading towards her. I thought for certain that the little girl would need therapy after the encounter." MWN

In the cat's eyes, child is a 'snack'

INSTINCT. This meeting between baby and 168 kg cat may seem cute, but typical human-tiger get-togethers are no fun, specialist Ron Tilson says. "Seeing a young child elicits a tiger's predatory instinct. It begins to follow the child closely, hoping to get a 'snack.' When it gets a chance, it will take it!" MWN

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JOHN STILLWELL/THE ASSOCIATED PRESS

▶ Former News of the World journalist Paul McMullan arrives to give evidence to the Leveson inquiry, Britain's media ethics inquiry in London yesterday.

In defence of phone hacking

Ex-tabloid journalist says breaking into voice mails gets to the truth

A former News of the World journalist made a robust defence of phone hacking, telling Britain's media ethics inquiry that eavesdropping on voice mails was a "perfectly acceptable tool" to help journalists uncover stories.

Paul McMullan said yesterday that hacking was common at the now-defunct tabloid, describing how journalists traded the phone details of celebrities.

McMullan made headlines this year when he was secretly taped by actor Hugh Grant claiming phone hacking was widespread at the News of the World and other U.K. newspapers.

McMullan was one of three journalists giving evidence at the inquiry yesterday. The other journalists offered a diametrically opposed assessment, describing stories driven by ideology and propaganda. THE ASSOCIATED PRESS

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So you can't find the food court? Google it

Google's next frontier in digital mapping will span the world's shopping malls and airports.

An upgrade of Google's mobile mapping service released yesterday includes directions within stores, malls, airports and transit centres in the U.S. and Japan.

The initial index only covers a small fraction of the great indoors, but Google Inc. is hoping that will change as more owners and operators of shopping and transportation hubs submit their indoor floor plans so they can be mapped. For now, Google's indoor maps can only be viewed on smartphones and tablet computers that run on the company's Android software. That's still a potentially huge audience because more than 550,000 Android-powered devices are activated each day.

The free tool represents Google's latest attempt to deepen people's attachment to their Android phones so it has more opportunities to sell ads pitching products and services to people on the go. The tool also complements Google's effort to turn the Android phones into digital wallets that replace cash and conventional credit cards. Google wouldn't say why the feature would work only on Android devices. THE ASSOCIATED PRESS

Clicks up for Cyber Monday

MICHAEL DWYER/THE ASSOCIATED PRESS

▶ The Target website shown on Cyber Monday.

A new report says a record number of shoppers made purchases online on the Monday after the Thanksgiving weekend, pushing sales up 33 per cent.

The report from IBM Benchmark says the average order rose 2.6 per cent to $193.24 US on the day known as Cyber Monday, when retailers amp up online promotions. The data says about 80 per cent of retailers offered online deals. It says traffic peaked at 2:05 p.m. EST. THE ASSOCIATED PRESS

News in brief

RIM to entice businesses

SOFTWARE. Shares of Research In Motion were up 7.6 per cent yesterday after the BlackBerry-maker unveiled plans to offer software to companies and governments that would open up secure networks to mobile devices. THE CANADIAN PRESS

Fahrenheit 451 now an e-book

BOOKS. Ray Bradbury, 91, is making peace with the future he helped predict. Simon & Schuster released the author's science fiction/fantasy classic, Fahrenheit 451, digitally yesterday at a list price of $9.99 US. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 92.29 (11,732.5)	+ 0.48¢ (97.06¢ US)

Oil	Natural gas
+ 1.58¢ US ($99.79 US)	$3.62 US (+ 9.6¢)

Gold $1,718.90 US (+ $4.40 US)

American Airlines in trouble

Bankruptcy means flights may be cut, job losses on the horizon ◗ AMR stockholders will be wiped out

The parent company of American Airlines filed for bankruptcy protection yesterday, seeking relief from crushing debt caused by high fuel prices and expensive labour contracts that its competitors shed years ago.

The company also replaced its CEO. American said its frequent-flier program would be unaffected.

AMR Corp., which owns American, was the only major U.S. airline company that did not file for bankruptcy protection after the Sept. 11 attacks, which caused a deep slump in the industry.

In announcing the bankruptcy filing, AMR said CEO Gerard Arpey, a veteran of the company for almost three decades, had stepped down and was replaced by Thomas W. Horton, the company president.

In a filing with federal bankruptcy court in New York, AMR said it had $29.6 billion in debt and $24.7 billion in assets.

The company will delay the spinoff of its regional airline, American Eagle.

THE ASSOCIATED PRESS

SETH WENIG/THE ASSOCIATED PRESS

▶ An employee works at an American Airlines counter at LaGuardia Airport in New York yesterday.

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‘They want to see naked bodies’

Helen Mirren got it right when she said ‘flesh sells’ Here’s to the many actors who have gone without a stitch — all in the name of art, of course

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

A website called Mr. Skin notes that Helen Mirren is the only celebrity to appear nude on screen in five different decades.

The Oscar winner became the first British actress to appear in the buff in a mainstream film in 1969, when she was just 24 years old.

On her revealing scene in Age of Consent she said, “Flesh sells. People don’t want to see pictures of churches. They want to see naked bodies.”

Since then Mirren has doffed her clothes several more times, and become one of the most acclaimed actresses of her age.

Appearing nude doesn’t appear to have hurt her career with the public or the Academy, which is probably makes Michael Fassbender, the very naked star of this weekend’s Oscar contender Shame, very happy.

In a performance that bares not only his body but his soul as well, Fassbender might become the most unclothed star to ever be nominated for Best Actor.

But he wouldn’t be the first star to go naked as a jaybird for their craft and take home Oscar gold.

Kate Winslet says there was so much nudity in The Reader, which earned her an Oscar, because the story required it. But, she added in the same interview, she thinks people might be tired of looking at her body.

The first nude film scenes happened almost 100 years before Fassbender drop trou.

In 1915’s Inspiration an actress named Audrey Munson undressed and for the next 20 years stars regularly exposed their hidden talents.

Then came the Hays Code, which banned nudity from the major studios well into the 1960s.

One of the first big stars to break the code was Jayne Mansfield, whose topless role in Promises! Promises! landed her on the Top 10 list of Box Office Attractions for 1963.

Since then many A-listers have taken it off for their art.

Recently both Amanda Seyfried and Julianne Moore stripped in Chloe. Anne Hathaway and Michelle Williams wore their birthday suits in Love and Other Drugs and Blue Valentine respectively.

But it’s not just women exposing themselves.

Gerard Butler let it all hang out in Mrs. Brown and Gamer and Daniel Craig is buck naked in Love is the Devil.

Producer Judd Apatow promises more male nudity in his films.

“It really makes me laugh in this day and age that anyone is troubled by seeing any part of the human body.”

CHARLES SYKES/THE ASSOCIATED PRESS

▶ Michael Fassbender plays a sex addict in Shame. And yes, we get to see his very naked body.

Scene in brief

A lawsuit filed by owners of a minor league baseball team claims an Illinois city violated its contract and misled the team about the prospect of building a ballpark. Actor Kevin Costner of Field of Dreams is among the owners of the Lake County Fielders. They’ve been battling the city of Zion in northeastern Illinois for months over the team’s collapse this year. Grand Slam Sports and Entertainment’s lawsuit filed last week seeks $10.7 million in damages. The lawsuit names Zion Mayor Lane Harrison and others. Zion City lawyer Scott Puma has declined to comment on the litigation. Lawyer Stephen Boulton represents the team owners. He says they acted in good faith and were caught up in politics and selfish interests.

THE ASSOCIATED PRESS

The Big Bang Theory star Jim Parsons aims for a Broadway return in Harvey

Dear Amazon, will you read my book? It took me years to write; will you take a look?

The much-lauded novel The Sisters Brothers by Vancouver Island native Patrick deWitt has topped Amazon.ca’s Best Books of 2011 list.

Earlier this month, the comic western won a Governor General’s Literary Award and the Rogers Writers’ Trust Fiction Prize.

It also made the Scotiabank Giller Prize and Britain’s Man Booker Prize short lists.

Another novel that made the aforementioned short lists and ended up winning the Giller, Half-Blood Blues by Victoria-based Esi Edugyan, is No. 5 on Amazon.ca’s compilation of the top 100 books of 2011.

Amazon.ca book editors choose the annual list, which also includes American author Erik Larson’s non-fiction title In the Garden of Beasts at No. 2.

Coming in at No. 3. was The Art of Fielding: A Novel by American Chad Harbach, followed by the novel 1Q84 by Japan’s Haruki Murakami.

This list is rounded out by What It’s Like to Go to War by Karl Marlantes; The Marriage Plot by Jeffrey Eugenides; The Cat’s Table by Michael Ondaatje; Steve Jobs by Walter Isaacson; and Hot Art by Joshua Knelman.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Patrick deWitt

Weight Bias in the Workplace

Imagine having your skills overlooked because you are overweight. Weight bias in employment situations happens more often than you think.

Obesity in the workplace costs companies an alarming amount of money. That's a fact. One estimate puts the costs associated with employing obese people at $285,000 per year for a company with 1,000 employees. As a nation, obesity is costing Canada roughly $4.3 billion dollars in healthcare expenses according to the most recent 2001 survey. South of the border obesity is costing American companies $45 billion each year in medical coverage and employee absenteeism. Obesity as a health and productivity issue costs companies more than tobacco use or alcoholism.

Given this context, men and women who suffer from being overweight or obese often face the additional struggle of social stigma and bias in the workplace. Obese adults are often confronted with negative prejudices and stereotypes when applying for a new position. Or, they experience the "glass ceiling" effect when trying to advance within a company.

When it came to job advancement, 15% of human resource personnel said they would be less likely to promote an obese employee even if they had the skills and knowledge that would make them successful in the position. Shockingly, 11% of those surveyed felt it was appropriate to terminate an employee strictly because of their excess body weight.

Despite these negative results, the researchers found that no action was being taken to correct the unfair treatment of overweight employees. Contrary to the popular belief that social pressure will motivate overweight people to "shape up", research has shown that 79% of overweight people react by refusing to diet in an attempt to affirm that the bias is undeserved. Rather than inspiring weight loss, weight bias in the workplace has a detrimental effect on the overweight employee.

Ideally, employers would show genuine concern for the health of their overweight employees by creating healthier work environments that support a healthy lifestyle. Instead of adding the stress and disappointment of being treated unfairly at work, co-workers and management staff should be sensitive and supportive of colleagues who have a weight issue.

Many companies have found that covering the cost of permanent solutions like weight loss surgery is more cost-effective than paying for disability insurance or on-going prescription weight loss medications that may result in more sick days due to side effects. Addressing obesity in the workplace with effective long-term solutions like gastric banding surgery can also lower the cost of worker's compensations for injuries or accidents that occur at the office.

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*Gastric banding results in an average of 58% excess weight loss within the first three years and patients continue to maintain their weight loss even up to seven years later. (Nivillle E et al. A mid-term Experience with the Cousin Bloring - Adjustable Gastric Band. Obes Surg 2011; May 5. [EPub])

Flicks tie for prize at Gotham gala

For the first time in history, Gotham Independent Film Awards find themselves 'stuck' over top prize

The Tree of Life, Beginners both take home best feature

Award season kicked off with a tie for best feature at the annual Gotham Independent Film Awards as Terrence Malick's highly imaginative The Tree of Life shared the night's high honour with Mike Mills' flashback comedy, Beginners. Presenter Tilda Swinton introduced the nominees, but before opening the envelope to reveal the winner, deferred to a prerecorded message on the venue's large video screens.

The unprecedented ruling was then announced by jury member Natalie Portman, who explained that her peers were faced with the dilemma of being stuck when it came to selecting a winner, so they made a bold and independent decision and chose to honour both.

Swinton then read off the winners' names and presented the award.

The Tree of Life, starring Brad Pitt and Sean Penn, won the Palm d'Or at the 2011 Cannes Film Festival. Beginners was released last year and stars Ewan McGregor and Christopher Plummer.

Other winners included Felicity Jones for breakthrough actor in Like Crazy, the cast of Beginners for ensemble cast and Scenes of a Crime for best film not playing at a theatre near you. The audience award went to Girlfriend, a film about a young man with Down syndrome who has a crush on a troubled single mother.

Hosted by Edie Falco and Oliver Platt, the presenters were mostly darlings of the independent film world like Stanley Tucci, Melissa Leo, actress and directorial nominee Vera Farmiga and Swinton.

"Independent film is my amniotic fluid. It's like the sea I swim in," Swinton said when she arrived.

This year's Gotham tributes went to director David Cronenberg, film executive Tom Rothman, actor Gary Oldman and actress Charlize Theron.

Actor-comedian Patton Oswalt introduced Theron.

The pair star in the upcoming dark comedy "Young Adult," written by Diablo Cody and directed by Jason Reitman.

The Gotham Independent Film Awards are presented by the Independent Feature Project, the largest organization in the United States committed to independent film.

THE ASSOCIATED PRESS

EVAN AGOSTINI/AP PHOTO

▶ Actor Patton Oswalt, left, actress Charlize Theron and director Jason Reitman attend the IFP's 21st Annual Gotham Independent Film Awards at Cipriani Wall Street on Monday in New York.

The Artist, Take Shelter lead Spirit Award noms

The silent movie The Artist and doomsday drama Take Shelter lead the Spirit Awards honouring independent films with five nominations each. Other nominees include 50/50; Drive; Beginners and The Descendants.

Lead actor nominees are Jean Dujardin, The Artist; Michael Shannon, Take Shelter; Ryan Gosling, Drive; Demian Bichir, A Better Life; and Woody Harrelson, Rampart. Up for lead actress are Lauren Ambrose, Think of Me; Rachel Harris, Natural Selection; Adepero Oduye, Pariah; Elizabeth Olsen, Martha Marcy May Marlene; and Michelle Williams, My Week with Marilyn. For more information about nominees visit spiritawards.com

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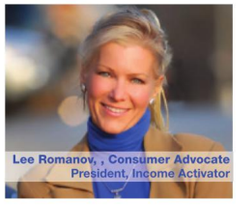


Lee Romanov, , Consumer Advocate
President, Income Activator

If your online business has not reached its' full potential and you've been struggling to take it to the next level, almost feeling paralyzed at times, then I'm about to tell you what you can do about it.

As an entrepreneur you're probably very creative and driven to make a lot of money, but if you don't have the flexibility of being both proactive and reactive with your website, then you and your online business are restricted.

Why... because you can't do a thing without your webmaster, while being held hostage by their costs.

Here's one example of a lost opportunity; a big story breaks on the 6 pm news that directly applies to your online business. You should be:

1. Proactive and immediately create new keyword targeted pages focused on online searches driving traffic to your website.

2. Reactive and change your home page content to reflect this breaking news and put up an opt-in form capturing the names and email addresses of visitors wanting to learn more about this topic.

If you can't make those kind of changes to your website yourself, you'll never be able to compete in today's rapidly changing marketplace.

I'm Lee Romanov, and I built a huge Internet business by applying simple techniques such as this and created a database of over 100,000 people that funnelled into my revenue model. I then sold the website to Torstar; owner of the Toronto Star for millions of dollars.

I went on to create a website program for my own use, Income Activator, and I incorporated my marketing techniques of capturing traffic and converting it into revenue, without the need of a programmer or webmaster. I am now making it available to you so you can turn your website into a marketing force. I also built in multiple revenue streams you can activate immediately. It is shockingly easy to do.

I know what I'm talking about and my reputation as a consumer advocate, through my columns in the Globe and Mail should assure you that I deliver what I promise. If you have a website you can attach this program to it or copy your content over to it.

The program is called **IncomeActivator.com**, which anyone can use to build and manage their online business, regardless of their comfort level with computers. If you can type, you can create website pages, opt-in forms, add pictures, videos, affiliate links and activate several proven revenue streams instantly. I also share the marketing strategies I used to build my online businesses along with valuable advice.

I encourage you to go to **IncomeActivator.com** and hear more of what I'm offering. You will need to be proactive with this as I am only making available 2, 100 Income Activator website programs at an introductory price. You will then become part of a unique group of people sharing their knowledge while growing their online business.

I will be making myself available from today until December 12th to answer any questions related to online marketing or Income Activator specifically. I invite you to visit **IncomeActivator.com** now. I'm also giving away one Income Activator website for Free... all you need to do is tell me your best online marketing story.

Dragon Tattoo film, a family affair

The star of Swedish movie series reveals daughter's role in U.S. remake that features Daniel Craig as star

The star of Sweden's The Girl with the Dragon Tattoo movie says his daughter appears in the upcoming U.S. remake with the actor who takes on his role in the crime drama: Daniel Craig.

Michael Nyqvist and Craig both play investigative journalist Mikael Blomkvist in the films based on the popular crime trilogy from Swedish author Stieg Larsson.

Sweden's Millennium television series, which includes adaptations of Larsson's other books in the series — The Girl Who Played with Fire and The Girl Who Kicked the Hornets' Nest — just won the 2011 International Emmy for best TV miniseries.

Swedish-born Nyqvist said he was curious to see the American version because he says David Fincher "is such a good director and Craig is a good actor," and because his 21-year-old daughter, Ellen, is an extra in the film "by coincidence."

LAURI NEFF/AP PHOTO

▶ Michael Nyqvist

The film has a scene shot in a Stockholm, Sweden, cafe where his daughter, a college student, was working. She landed a walk-on role that included pouring coffee for Craig, who has played James Bond.

According to Nyqvist, while she was pouring she turned to Craig and asked, "Do you know who my dad is?"

The film's distributor, Columbia Pictures, confirms Ellen Nyqvist appears in one scene with Craig.

The elder Nyqvist, who is a huge star in Sweden, plays the villain Hendricks in the upcoming, Mission Impossible: The Ghost Protocol starring Tom Cruise. The latest Mission: Impossible and The Girl with the Dragon Tattoo open Dec. 21.

Nyqvist says he has also just wrapped the film Disconnect with fellow Swede Alexander Skarsgard who, coincidentally, has a supporting role in the upcoming "Dragon Tattoo" film.

THE ASSOCIATED PRESS

More baby mama drama for Biebs

- Man steps forward claiming to be the father of Mariah Yeater's child
- Robbie Powell was recently charged with drug possession, burglary

ALL PHOTOS GETTY IMAGES

▶ Mariah Yeater

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Before the illustrious Mariah Yeater (that's her booking photo, there) accused Justin Bieber of fathering her child, the last time I wrote about a situation so low-rent was during the Levi Johnston baby daddy drama with the Palins.

The latest on the possible Biebs baby?

While the 17-year-old pop star maintains he isn't the father of Yeater's infant son, the man who does claim to be, Robbie Powell, was arrested over the weekend in San Diego, according to Hollyscoop.

The 23-year-old was charged with possession of methamphetamines and drug paraphernalia, as well as three charges of commercial burglary.

He's currently being held on $7,000 bail.

Sources say Powell is looking to go public with his claims that Yeater made up the story about Bieber fathering her child, but he hasn't settled on a media outlet yet.

After all of this, I hope that Bieber is the father just so that poor baby might have a chance at life.

▶ Maggie Gyllenhaal and Peter Sarsgaard.

Maggie Gyllenhaal expecting again

Maggie Gyllenhaal and husband Peter Sarsgaard are gearing up to welcome another member to their family, as Gyllenhaal is pregnant with their second child, according to Life & Style.

"Over Thanksgiving weekend, Maggie was telling friends that she's six months pregnant. Her bump is so big," a source says.

"She's thrilled to be pregnant. She and Peter have wanted another child for a while. They're very happy that they'll have another baby in the house soon."

The couple, who married in 2009, have a 5-year-old daughter, Ramona.

METRO

Gosselin shoots down plastic surgery rumours

Kate Gosselin (new occupation: blogger at CouponCabin.com, continuing her fame-seeker tendencies) is shooting down Internet rumours that she got a facelift.

"With all of the buzz about me having had a facelift, I will confirm that I have not had one (I am only 36!!!). But, I will take all of the talk about how rested and young I look as a compliment! So thanks!" she wrote.

I love Gosselin's "I'm only 36!" excuse for not having plastic surgery, as that didn't stop her from getting a tummy tuck in 2007 and breast implants in 2009. But, to be fair, she is 36 and is a single mom to eight kids.

Girlfriend probably needs all the plastic surgery she can get, under 40 or no.

DOROTHY ROBINSON

▶ Kate Gosselin

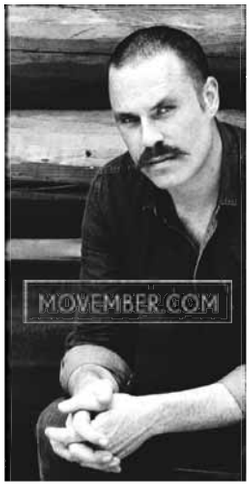
Celebrity tweets

@NathanFillion
New Yorkers, I love how stylish and beautiful you all are. Have lunch with me?

@kerrywashington
I'm completely in love... Ive never felt this way before. Ribbon & Cimarron have stolen my heart... They're horses. :)

@AlecBaldwin
I'm going to change my profile to "Conservative, Christian, gun owner, mom."

@HelenHunt
Got on twitter to shamelessly promote. Now working and uneasy with shameless promotion. Damn.



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Moonlight Madness

Saturday December 3 from 6 - 10pm

6:00 - 6:15PM

Orange Julius - Combo $1.95 Pepperoni Cheese Hot Dog reg. price $3.90 & $2.65 Medium Strawberry Extreme Smoothie reg. price $5.29
New York Fries - Buy Any Size Fries and Get the Same Size Absolutely FREE
Cinnzeo - Buy Any Cinnaroll & Get a Free Large Coffee
OPA Souvlaki - Purchase Combo #1 or #2 and Get a FREE Dessert
Premier Sports - 40% Off All Regular Priced Youth T-shirts & Youth Hoodies
Rogers South - 40% Off All Otter Box Reflex Cases
Sangsters - 40% Off All Packaged Herbs, Flours, Cereals and Gluten Free Products
Tbooth/ Wireless Wave - $14.99 for 3 in 1 Cellphone Charger - Connects to Car, Home and Computer.
Best Buy Mobile - 40% Off Cases

6:15 - 6:30PM

Orange Julius - Combo $2.12 Chicken Caesar Club Pita reg. price $4.24 & $2.65 Medium Strawberry Delight Smoothie reg. 5.29
OPA Souvlaki - $5.50 for a Calamari, Greek or Caesar Salad reg. price $8.99
Manchu Wok - FREE 22oz Pop with the Purchase of a 2 Item Combo
Michael Hill - Purchase a Charm Bracelet and Receive 1 FREE Charm (select charms)
Where it's Art - 40% Off Wildlife & Western Images
Rogers North - 40% Off All Otter Box Reflex Cases
Boutique of Leathers - 40% Off Scarves reg. price $12.50 - $19.50
Mobilicity - 50% Off Cases
Chatter's Superstore North - 50% off Men's Haircuts reg. price $20

6:30 - 6:45PM

Orange Julius - Combo $2.12 Turkey Club Pita reg. price $4.24 & $2.65 Blueberry Moonlight Light Smoothie reg. price $5.29
Sbarro - $2.99 for a Regular Spaghetti and Pasta Sauce Including Garlic Bread reg. price $5.29
Cinnzeo - Buy Any Cinnaroll & Get a Free Large Coffee
OPA Souvlaki - $5.00 for a Pita Wrap with Chicken and Fries reg. price $8.69
Rogers South - 50% Off Select Regular Phones and Plans on a New 3 Year Term.
Claire's - All Red Lined Hats $2.00 each
Keyman Engravables - 40% Off Select Glassware (3013558 & 3013264)
Sangsters - Buy 1 Multi Vitamin and Get the 2nd Multi Vitamin 40% Off (applies to lowest priced item)
Tbooth/ Wireless Wave - 50% Off All ***Commuter*** Series Otter Box Cases for Smartphones

6:45 - 7:00PM

Orange Julius - Combo $1.95 Chili Melt Hot Dog reg. price $3.90 & $1.95 Strawberry Banana Julius Drink reg. price $3.81
Cristy's Roast Chicken - FREE 16oz Pop with the Purchase of Any 1 Meat & 2 Side Items Meal
Kernels - 50% Off Popping Corn Bags
Michael Hill - 40% Off All Regular Priced Gold Chains
Rogers North - 50% Off Select Regular Priced Phones and Plans on a New 3 Year Term
Anthony Jewellers - 50% Off "Pandora" Style Beads
Boutique of Leathers - 40% Off Fashion Men's and Ladies Gloves
Island Inkjet - 63% Off Canon Laser Toner S-35
Mobilicity - 50% Off Car and Travel Chargers reg. price $30

7:00 - 7:15PM

Cinnzeo - Buy 1 Cinnaroll and Get a 2nd Cinnaroll FREE
Michael Hill - 50% Off All Regular Priced Sterling Silver
Premier Sports - 40% Off All Regular Priced Baby Clothes (excluding hats & Jerseys)
Mad Hatters Super Store - 70% Off Genuine Leather Wallets
Rogers South - 50% Off Select Blackberry Devices and Plans on a New 3 Year Term
Claire's - All Red Lined Jewellary $3.00 each
Sangsters - 40% Off All Sangsters Body Care Products, Lotions Shampoos, Conditioners, Body Washes, and Aromatherapy
Tbooth/ Wireless Wave - 40% Off All **Defender** Series Otter Box Cases for Smartphones
Best Buy Mobile - 40% Off Cases

7:15 - 7:30PM

OPA Souvlaki - $5.20 for a Large Greek Salad with a Small Drink reg. price $8.20
New York Fries - Buy Any Size Fries and Get the Same Size Absolutely FREE
Teaopia - Spend $50 and Get 100g of Loose Leaf Tea FREE
Rogers North - 50% Off Select Blackberry Devices and Plans on a New 3 Year Term
People Jewelers - $49.99 Round Sterling Silver Stud Earrings with Diamond Accents reg. price $99.99
Boutique of Leathers - 40% Off the Lowest Marked Price on Belts
Island Inkjet - 50% Off Brother Laser Toner 210 Black or Colour
Mobilicity - Activate a New Phone and We Will Pay Your 2nd Month for FREE!

7:30 - 7:45PM

Cinnzeo - Buy 1 Cinnaroll and get a 2nd Cinnaroll FREE
Kernels - Buy Any Flavour of Big Bag and Get 50% Off a Slushie
International News - 40% Off Confection Items
Mad Hatters Super Store - 70% Off Leather Belts
Rogers South - 50% Off Select Android Devices and Plans on a New 3 Year Term
Anthony Jewellers - 60% Off Gold Lockets
Sangsters - *Colour the Grey* Henna - Buy 1 Get 1 FREE
Tbooth/ Wireless Wave - 50% Off All Ishieldz Scratch Proof Device Protection
Best Buy Mobile - 40% Off Chargers

7:45 - 8:00PM

OPA Souvlaki - $4.10 for a Large Caesar Salad with Small Drink reg. price $8.20
Michael Hill - Buy 2 Charms Get 1 FREE reg. price up to $70
Where it's Art - 40% Off Abstract Images
Rogers North- 50% Off Select Android Devices and Plans on a New 3 Year Term
DAWGS - 40% Off All Lamb Boots reg. price $150 - $200
Claire's - All Red Lined Earring Holders $3.00 ea.
Boutique of Leathers - 40% Off Shirts, T-shirts & Hoodies (styles: Xzavier, Dragonfly, Sons of Anarchy)
Mobilicity - Activate a New Phone and We Will Buy you a Large Pizza!
Xtreme Energy - 50% Off All Bands

8:00 - 8:15PM

New York Fries - Buy Any Size Fries and Get the Same Size Absolutely FREE
Sbarro - $2.99 for a Regular Spaghetti and Pasta Sauce Including Garlic Bread reg. price $5.29
Premier Sports - $59.99 Youth Crosby Jersey - Baby Blue Colour reg. price $159.99
Rogers South - 50% Off All Car Chargers
Anthony Jewellers - $49.99 Diamond Hoops
Sangsters - FREE Vitamin D 90 Caplets with Any Purchase over $10.00
Island Inkjet - 50% Off Canon FX-3 Laser Toner
Tbooth/ Wireless Wave - 30% Off Select Bluetooth Headsets for Mobile Devices
Best Buy Mobile - 40% Off Cases

WIN 1 of 3 $250 Marlborough Mall Gift Cards

Enter at Customer Service during Moonlight Madness
Draw to take place at 9:45pm at Customer Service.

Must be present to Win, over 18 years of age & have Picture ID to claim your prize

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Get Amazing Discounts on your Holiday Shopping at Marlborough Mall, with our Moonlight Madness Specials Every 15 Minutes Starting at 6PM!

*Some exceptions apply. See individual Store for details.

8:15 - 8:30PM

OPA Souvlaki - Purchase Fries and Get a FREE Small Drink.
Kernels - 50% Off Any Size Butter Salt Bag
Michael Hill - $99 for Coloured Diamond Studs reg. price $179.00
Rogers North - 50% Off All Car Chargers
Crown Optical - 40% Off All Sunglasses
Chatter's Superstore North - 75% Off Sexy Hair Cool Factor Shampoo & Conditioner - *Only $5.00*
Boutique of Leathers - 40% Off Veneto Handbags reg. price $49.50 - $150.00
Mobilicity - 50% Off of Bluetooths

8:30 - 8:45PM

Mappins - 70% Off Clearance Diamond Items
Teaopia - Buy a Tea Master and Receive 50g of Loose Leaf Tea FREE
International News - 40% Off Pop
Rogers South - 40% Off All Casemate Cases
Anthony Jewellers - Buy a Gentleman's Watch and Get a Ladies Watch 50% Off
Keyman Engravables - 40% Off Glass Stein with Lid (3013262) reg. price $45.00
Sangsters - 40% Off Any 1 Regular Priced Item
Tbooth/ Wireless Wave - $59.99 for Rogers Prepaid Samsung T249. No Contract. Includes Headset and Airtime Credit.
Best Buy Mobile - 40% Off Chargers

8:45 - 9:00PM

Michael Hill - $99.00 for Silver Boxed Sets (includes Ring, Earrings & Pendant)
Where it's Art - 40% Off Angelina Wrona & New Age Images
Rogers North - 40% Off All Casemate Cases
DAWGS - 40% Off All Micro Fiber Boots reg. price $90 - $120
Claire's - All Red Lined Handbags $2.00 each
Boutique of Leathers - Buy 1 Item a the Lowest Marked Price and Get the 2nd Item 50% Off (of equal or less value)
Virgin Mobile - FREE Bluetooth & Car Charger with New Activations
Mobilicity - 50% Off Memory Cards
Xtreme Energy - 50% Off All Bands

9:00 - 9:15PM

Michael Hill - 40% Off Ladies Watches
Teaopia - 40% Off All Drinks from the Tea Bar
Premier Sports - 40% Off All Regular Priced Hats & Toques
Rogers South - 40% Off All Otter Box Commuter Cases
Claire's - All Red Lined Scarves $3.00 each
Chatter's Superstore North - Buy 1 Items (store wide) and Get Any 2nd Item 50% Off
Sangsters - 40% Off Any One Sangsters Detox Kit (e.g. Liver, 30 Day or 7 Day Detox)
Tbooth/ Wireless Wave - $50 In Store Credit When you Activate a 36 Month Term with Rogers.
Best Buy Mobile - 40% Off Cases

9:15 - 9:30PM

Kernels - 50% Off Any Mega Bag (Plain, Salted or Butter Salt)
Where it's Art - 40% Off Canvas Art
Mad Hatters Super Store - 60% Off Men's Fedora Hats
Rogers North - 40% Off All Otter Box Commuter Cases
Anthony Jewellers - $19.95 Diamond Pendants
Boutique of Leathers - 40% Off Dereck Alexander Wallets reg. price $15 - $150
Virgin Mobile - $100 in store Credit with All New Activations
Mobilicity - Free Activation on new Plans

9:30 - 9:45PM

New York Fries - Buy Any Size Fries and Get the Same Size Absolutely FREE
Rogers South - 40% Off All Blackberry OEM Cases
People Jewelers - $59.99 Pink & White Beaded Breast Cancer Awareness Bracelet reg. price $99.99
DAWGS - 40% Off Cow Suede Boots reg. price $90 - $120
Keyman Engravables - 40% Off Glass Beer Steins 25oz (3005031) reg. price $13.00
Sangsters - 40% Off on Any Sangsters Juices - Goji Magostein, Super 6 or Acai
Island Inkjet - 50% Off HP 15X Laser Toner
Tbooth/ Wireless Wave - Bonus In Store Credit when you Activate a 36 Month Term with Bell

9:45 - 10:00PM

Michael Hill - 40% Off Men's Watches
Mad Hatters Super Store - 75% Off Ladies Matching Scarf and Hat
Rogers North - 40% Off All Blackberry OEM Cases
Claire's - 75% Off All Red Lined Items with a Regular Price of $12.00 or More
Chatter's Superstore North - 55% Off Babybliss Portofino Blow Dryer reg. price $205.00
Boutique of Leathers - 40% Off Dereck Alexander Handbags reg. price $75 - $375
Mobilicity - Free Screen Protector with Every Activation
Best Buy Mobile - 40% Off Chargers
Xtreme Energy - 50% Off All Bands

Other Specials

6 – 10pm ~ ***HMV*** - 30% off Select DVD & TV Box Sets
6 - 10pm ~ ***Spring*** - Additional 50% Off Select Handbags
6 - 10pm ~ ***Coles Book Store*** - 30% Off All Hard Cover Books
6 - 10pm ~ ***Sangsters*** - ***40th Anniversary Sale*** - See In Store for Great Savings
6 - 10pm ~ ***Chatter's Superstore*** - $3.00 Table - Various Items Up to 95% Off
8:30 - 9:45pm ~ ***Cinnzeo*** - Buy 1 Take Out Pack and Get a 2nd Pack FREE (of equal or lesser value)

Man-Deez xclusif
6 - 7pm - 40% Off Ed Hardy & Christian Auidger & Xzavier - Jeans, Tops, Sweaters, Tee's Jackets
7 - 8pm - 40% Off All Denim (Jeans, skirts, shorts) Victorious, L.A Idol and Apple Bottoms
8 - 9pm - Buy 1 Item at Regular Price and Get the 2nd for 50% Off
9 - 10pm - 50% Off Entire Store (includes regular priced items)

MDX Footwear
6 - 7pm - 40% Off All Handbags & Wallets (including all brand names)
7 - 8pm - 40% Off All Regular Priced Men's & Ladies Shoes
8 - 9pm - 40% Off All Jewellary & Accessories
9 - 10pm - 50% Off All Regular Priced Items (Some exceptions apply)

3 life

Saving the 'Old Square'

A commission has been working since the 1930s to preserve New Orleans' French Quarter

On a muggy autumn New Orleans morning in the French Quarter, away from bawdy Bourbon Street, Natchez residents sat on their stoops drinking rich cafe au lait, reading the newspaper, or watching the passing traffic.

Replace the cars with horses and carriages and the scene could well be from a couple of hundred years ago.

The old city remains vital with a steady mix of residents and small businesses mostly thanks to the Vieux Carre Commission, which regulates changes to the buildings in the small section of New Orleans near the Mississippi River. The commission has control over every part of a building's exterior.

A rotting sill in the back of the house cannot be replaced without permission. A wall can't be painted or a window removed or a roof changed without permission. It's a sore point for some, but the results of such strict control are noticeable.

When the commission was formed during the Great Depression, the 85-square-block Quarter that was laid out by French settlers in 1718 had become a collection of derelict buildings.

ABUNDANTC/FLICKR

▶ The Vieux Carre Commission regulates all changes — big and small — to the exterior of buildings in the French Quarter.

Vieux Carre Commission

Nine volunteer members and a staff of five make up the commission. The volunteers are appointed by the mayor and approved by the city council.

The idea of preserving an entire area was novel.

"What was considered ahead of time was that up until then American preservation was preservation of individual structures, Mount Vernon for instance," said Walter Gaillas, with the National Trust for Historic Preservation.

"Back then, nobody thought of it as, 'Gee, maybe there is another way to preserve a whole community.' Now there are hundreds of commissions like that around the country."

The French Quarter, also known as the Vieux Carre (Old Square) as it was once called, had fallen on hard times by 1936. Once-grand townhouses were tenements, and city officials were seriously considering tearing down the majestic old buildings that frame Jackson Square — Upper Pontalba and the Cabildo — where the Louisiana Purchase was signed in 1803.

Then along came the Vieux Carre Commission, dedicated to preservation while keeping the area a functioning part of the community.

"The commission is not about keeping things looking pretty but addressing what's appropriate to character and quality of all the parts that make up this neighbourhood," said Vieux Carre Commission director Lary Hesdorffer. "We have the benefit of not being frozen in time."

The idea, Hesdorffer said, is not to return the French Quarter — which is a real neighbourhood with people living there and real businesses operating on its streets — to what it was when it was founded, but to keep the historical presence this generation inherited.

"We have many different styles in the French Quarter from different eras," Hesdorffer said. "We're now treasuring buildings that have been renovated along the way."

As an example, Hesdorffer points to the famous "lace" iron work on French Quarter balconies, which came in the 1800s, replacing the original plain ironwork.

"That sort of layering thing is what makes this historic district particularly rich because we represent some things that date to the colonial period," he said.

"But not many are in pure form. Over the years, they've been updated, changed."

THE ASSOCIATED PRESS

Travel in brief

A pair of wilderness tour operators in Yukon and a geology-themed park in New Brunswick have won 2011 Canadian Tourism Awards. Nahanni River Adventures and Canadian River Expeditions, both based in Whitehorse, won the award for sustainable tourism.
THE CANADIAN PRESS

Caribbean tourist operators expect more visitors, brace for drop in spending

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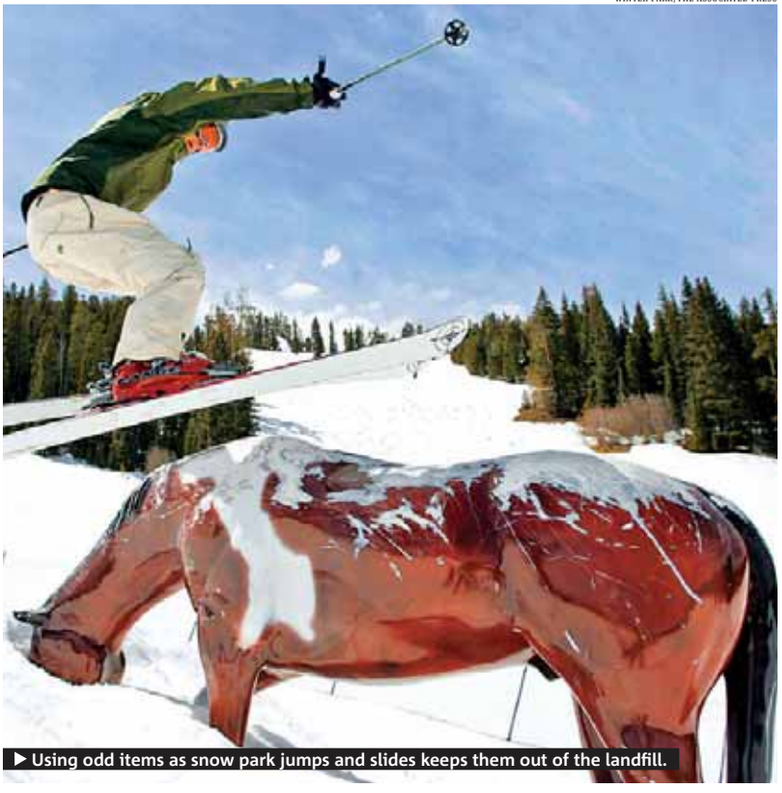
Winter wonderland?

Empty oil drums, old cars and satellite dishes are a snowboarder's delight Some ski resorts are offering interesting snow park obstacles

WINTER PARK/THE ASSOCIATED PRESS



Using odd items as snow park jumps and slides keeps them out of the landfill.

Some U.S. ski resorts are turning into junkyards — and snowboarders couldn't be happier.

Satellite dishes, propane tanks, empty oil drums and even a Chevy Impala are popping up in terrain parks across the country. It's a new form of recycling and is adding back some edge to what has become a mainstream sport.

Snowboarding started as a rebellious activity. Riding rails, pipes and picnic benches was a way to break out of the norm. Today, those features have become standard. So to add some uniqueness and push the sport to a new level, resorts have turned to rummaging through junk piles. The recycled objects are placed on the slopes as challenges for snowboarding jumps, slides and other manoeuvres.

"We've had the same stuff going on for years and years. Now they are just trying to get crazy with it," said Lakota Sage, a 21-year-old professional snowboarder at Colorado's Echo Mountain.

Sage is out on the mountain almost daily and loves the new features, including a 1960s-era trail-grooming machine called a snowcat. It was found in the woods on the resort with bullet holes from locals who used it for target practice and now sits by a railing on the course.

"It helps push the athletes a little more because it's more intimidating. If you do fall off the railing, you're going to nail the snowcat," he said.

This winter, boarders at Sol Vista Basin at Granby Ranch in Colorado will find a two-metre tall satellite dish poached from a stranger taking it to the dump. Other mountains have taken old chairlift towers, tractor tires, snowmaking pipes, logs and concrete barriers and given them a second life on the mountain. There's a fibreglass horse at Colorado's Winter Park, and California's Northstar has incorporated an old gondola cabin in its terrain park.

"It feels pretty unique to hit something that I normally ride up in," said Mike Schipani, manager of Northstar's terrain park.

The new effort also keeps junk out of the landfill and saves ski resorts some cash. Schipani said he spends about $1,800 for each six-metre-long piece of steel he puts on the mountain.

Many amateur boarders are creating videos in hopes of pushing themselves into a professional career. The used cars, satellite dishes and other objects help them stand out. "Without innovation, I think our sport would become pretty stagnant," Schipani said.

The idea of putting recycled items on the mountain started about five years ago but really picked up last season, according to Jason George, the terrain park manager at Colorado's Copper Mountain.

"It's green and we like to recycle," he said.

Propane tanks are popular but a bit tricky. Before a welder can start to repurpose them, the tanks have to be filled with water, pushing out any leftover combustible gas.

The appeal of these obstacles is that they are different. As more and more parks add satellite dishes and cars, mountain workers are just going to have to work harder to find that new, unique item to keep on attracting boarders. George knows that and is already hard at work.

"I'm rummaging through all the old boneyards to see what I can come up with. I'm quite the rummager," he said. "Anything we can find, that kids can slide, we'll use."

THE ASSOCIATED PRESS

AARON DODDS/THE ASSOCIATED PRESS

Many amateurs are creating videos in the hopes of pushing themselves into professional careers.

Time to hit the slopes

If you're planning your ski vacation for this winter, check out some of these hills.

- Sol Vista Basin at Granby Ranch in Colorado opens for the season on Dec. 14.
- Echo Mountain in Colorado opens today.
- Northstar resort in California is already open.
- Copper Mountain in Colorado is already open.

Las Vegas eyes stopover travellers

Never mind "What happens in Vegas stays in Vegas," Las Vegas's enigmatic tourism slogan. Perhaps the new slogan for America's gambling capital should be "Stop over for a quickie in Sin City."

A quick visit, that is. Las Vegas tourism officials are betting that a new air terminal will lure some travellers to use Las Vegas as a regular stopover en route to Asia or other foreign places.

Some might never leave McCarran International Airport, while others might decide to make casinos happy by hopping in a cab and spending a few hours gambling.

Either way is fine with the airport. It just needs enough people travelling here to justify a $2.4 billion expansion conceived when Las Vegas was much busier. The new terminal opens in June.

The city still expects most visitors for longer periods, but the new pitch marks a big change from past years when Vegas could count on filling planes solely as a destination.

THE ASSOCIATED PRESS

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Go nuts for the holidays

Chili Spiced Nuts serve number of purposes Offer them as a snack or give them as gifts

HOLIDAY HELPER

EMILY RICHARDS
FOOD@METRONEWS.CA

With less than one month until Christmas, the holiday season is in full swing. Having said that, we all know how stressful it can be, but there are ways to prepare.

Each week, we'll provide you with a great make-ahead recipe that you can make and share as a hostess gift or serve up as an entertaining idea for your holiday get-together.

Chili Spiced Nuts

These nuts are perfect to serve up in a little bowl for fingers to dip into while enjoying drinks.

You can also pack them up in little gift bags or tins for an easy hostess gift. Lastly, the Chili Spiced

If you're not a fan of chili powder, you can omit it and the dried oregano, and substitute for 2 tsp (10 mL) curry powder. The nuts will keep at room temperature for about three weeks in a tin or bag.

Preparation:

1. In large bowl, toss almonds, walnut halves and pistachios with oil, chili powder, cumin, oregano, paprika, salt and pepper until coated.
2. Spread onto parchment paper lined baking sheet and roast in 350 F (180 C) oven for about 15 minutes or until golden brown and fragrant. Remove from oven and stir in pepitas. Let cool completely in baking sheet on cooling rack.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 1/2 cups (375 mL) whole unblanched almonds
- 1 1/2 cups (375 mL) walnut halves
- 1 cup (250 mL) shelled pistachios
- 2 tbsp (30 mL) extra virgin or canola oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) dried oregano
- 1/2 tsp (2 mL) smoked sweet paprika
- 1/2 tsp (2 mL) kosher salt
- 1/4 tsp (1 mL) freshly ground black pepper
- 1/2 cup (125 mL) roasted pepitas

Holiday prep

We're here to help

Every Wednesday until Christmas, Metro's Emily Richards will provide you tips to make the holiday whirlwind a bit less stressful. Check out the next edition of Holiday Helper on Wednesday, Dec. 7.

This recipe makes about 5 cups (1.25 L).

Drink of the week

Almond Apple-tini

Over the years, the martini has become one of the best-known alcoholic beverages. But this Almond Apple-tini offers a non-alcoholic twist on the classic.

- 1 oz (2 tbsp) almond beverage
- 2 oz (1/4 cup) apple juice
- Splash caramel syrup
- Dash fresh lemon juice
- 1 apple slice

In a martini shaker, combine almond beverage, apple juice, caramel syrup and lemon juice. Shake vigorously and serve in a martini glass. Garnish with an apple slice. ALMONDFRESH.COM

Variation

Include corn

Add 1 can (340 ml/12 oz) whole kernel corn, including liquid, with clams.

Brave chillier days ahead

Easy Clam Chowder goes from stove to table in less than 30 minutes

Preparation:

1. In a large saucepan, melt butter over medium heat; add celery and onion and sauté for 2 to 3 minutes to soften.
2. Add milk; bring to a boil. Reduce heat and stir in potatoes. Continue cooking, stirring constantly, for 2 to 3 minutes or until slightly thickened.
3. Add clams with liquid, Worcestershire sauce, salt and hot pepper sauce; simmer for 5 to 8 minutes, stirring occasionally, to blend flavours.
4. Serve garnished with parsley, if desired. THE CANADIAN PRESS/CLOVER LEAF

THE CANADIAN PRESS H/O

This recipe makes four servings.

Ingredients:

- 30 ml (2 tbsp) butter
- 125 ml (1/2 cup) each diced celery and onion
- 625 ml (2 1/2 cups) milk
- 250 ml (1 cup) instant mashed potatoes
- 2 cans (each 142 g) baby clams (undrained)
- 15 ml (1 tbsp) Worcestershire sauce
- 3 ml (3/4 tsp) salt
- 1 ml (1/4 tsp) hot pepper sauce
- 30 ml (2 tbsp) fresh parsley

Service Directory
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A recruitment expert offers advice for those hoping to be remembered ◆ Sales and marketing students take note

CHELSEA NEWTON
TALENTEGG.CA

The competition on campus between employers is getting hot as the economy picks up and companies' hiring numbers increase.

A shift is starting, where students will have more power as the number of jobs available increases; however, we aren't quite there yet.

As a student, it is important to play a lead role in choosing your first job out of school and selling yourself to your employer(s) of choice.

"Show you spent some time researching my company online, even talking to past interns or employees, and understanding the culture." CHELSEA NEWTON, DIRECTOR OF TALENT ACQUISITION AT MOSAIC SALES SOLUTIONS

Your personal brand — online

Your online personality should mirror how you come across in person.

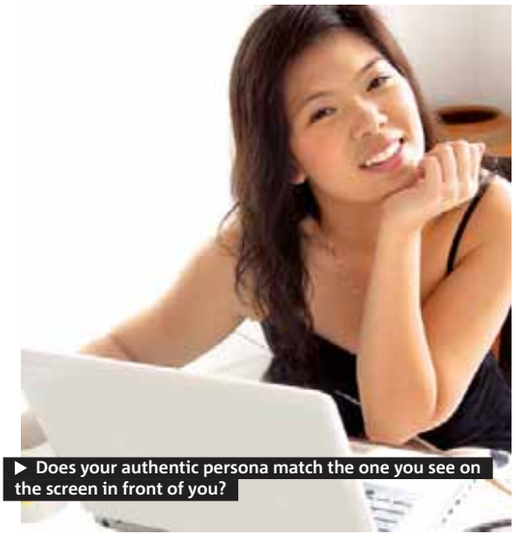
Ensure that, if your future employer seeks you out on LinkedIn, Twitter, or Facebook, there is consistency in the things you say you are knowledgeable about or roles you played in extra-curricular activities.

Things like LinkedIn recommendations are very valuable, especially with LinkedIn launching a new student profile option.

Often future employers will perform a social media search on their top candidates — think of this as a reference check.

Make sure that you hide information that future employers don't need to see (e.g., Facebook photos) and remember that social media is permanent.

ISTOCK



▶ Does your authentic persona match the one you see on the screen in front of you?

Your personal brand — in person

For in-person events, network and showcase your personality as well as your interests and skills.

When I interview for entry-level marketing roles, I look more for a strong personal impression than wide sales/marketing experience — I can teach you how to be successful, but I can't teach you how to think critically or have personal credibility.

I want you to highlight your interests, where you think the industry is going, recent highlights at my specific company, and why you believe you fit the company culture.

Show you spent some time researching my company online, even talking to past interns or employees, and understanding our culture.

Don't treat every networking session, interview or online application the same. Most recruiters are very open to telling you the unique parts of their company, so talk to them and ask for a follow-up prep call prior to an interview.

If you don't meet a recruiter on campus, reach out to them via LinkedIn. Recruiters will highlight great candidates' applications if you wow them.

Consider this reach-out like dating — you only have one opportunity to make that perfect impression that might lead to a relationship (or in this case, a fantastic career)!

CHELSEA NEWTON IS THE DIRECTOR OF TALENT ACQUISITION AT MOSAIC SALES SOLUTIONS. HER EXPERTISE IS IN HIRING YOUNG ADULTS AND SHE HAS BUILT CAMPUS RECRUITING PROGRAMS IN OVER 12 COUNTRIES AROUND THE WORLD.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES

Start with the man in the mirror

Do a branding exercise to understand your unique value to a future employer. Think about how you present yourself both in person at company campus recruiting events or interviews, and in online spaces.

Things you should evaluate include:

- How you dress
- The language you use
- How you can showcase specific accomplishments
- How you come across to employers — do you seem credible/real?

Questions?

Ask me anything!

- Do you have questions about personal branding, finding a job, or starting your career?
- Tweet me at @Chelsea_Newton and I'll make your question the topic of one of my future articles!

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4 sports

Flames get the last save

First period goal enough offence for Calgary ◆ Kiprusoff tops Rinne in clash of Finnish goalies

1	0
FLAMES	PREDATORS

▶ Flames forward Lee Stempniak, left, takes a shove from Nashville goalie Pekka Rinne in Calgary last night.

Defenceman Derek Smith scored his first NHL goal and Miikka Kiprusoff made 26 saves for his first shutout of the season as the Calgary Flames won 1-0 over the Nashville Predators last night.

Kiprusoff's busiest stretch of action came with under five minutes remaining when Nashville racked up five shots on goal on a late power play. They were unable to solve the 35-year-old Finn, who recorded career shutout No. 41.

Smith scored the game's only goal with 1:10 left in the first period.

Rookie defenceman T.J. Brodie sent a perfect pass through the slot to Smith, who neatly steered the puck past goalie Pekka Rinne.

Solving Rinne was something the Flames were unable to do a month ago at the Scotiabank Saddledome when the six-foot-five goaltender turned aside all 33 shots in a 2-0 Nashville victory. Last night, his 28 saves were not good enough.

Calgary (10-12-1) has won two straight games for only the second time on the season. The Flames will go for a season-high third win in a row tomorrow night when they host the last-place Columbus Blue Jackets.

Nashville (11-9-4) fell to 1-3-0, with a stop remaining in Vancouver, on a five-game road trip.

Smith, 27, was signed by Calgary on July 13 as a free agent after four seasons in the Ottawa Senators organization. He spent most of his time with Binghamton of the AHL, where he had 10 goals and a career-best 44 assists in 71 games last season.

2/44
The Flames went 0-2 on the power play last night, falling to 2-for-44 with a man advantage at home, which is last in the NHL.

While the defenceman has shown glimpses of his offensive upside, he entered the night with one assist in 16 games this season — and just two in 25 career NHL games.

At the time of the goal, the defence pairing of Smith and Brodie — with 40 career NHL games between them — made up half of the Flames defence with Scott Hannan and Jay Bouwmeester the other two. The shortage on the blue-line was the result of defencemen Mark Giordano and Chris Butler going down with injuries.

The assistant captain Giordano took a wrist shot from Matt Halischuk off the ankle and had to be helped off the ice. Then Butler had a Nashville shoot-in deflect up sharply into his face, sending him immediately to the Flames dressing room for repairs.

Butler was back on the bench to start the second period but Giordano did not return, diagnosed with a lower body injury.

THE CANADIAN PRESS

Sports in brief

Don't expect Maple Leafs forward Phil Kessel to be selected last at this season's NHL all-star game fantasy draft.

Kessel, who leads the league with 16 goals and 31 points this season, has taken the overall lead in fan balloting for the Jan. 29 showcase game at Scotiabank Place in Ottawa.

His total of 258,446 votes moved him past Senators defenceman Erik Karlsson, who leads all blue-liners with 256,839 votes in results released yesterday by the NHL. Ottawa forward Daniel Alfredsson was third overall (233,868) and teammate Jason Spezza was fifth overall (209,455).

THE CANADIAN PRESS

Suh appeals suspension

Ndamukong Suh is going back to the NFL, this time hoping for some leniency.

The league suspended Detroit's All-Pro defensive tackle without pay for two games yesterday, punishing the second-year player for stomping on a Green Bay Packers offensive lineman after the whistle last week. Suh promptly appealed his suspension, hoping his action won't keep him away from his playoff-hopeful teammates when they need him most.

The cost

If Suh doesn't win the appeal, he won't play against the Saints or in the Dec. 11 home game against Minnesota. He would return Dec. 12 ahead of a road game against Oakland.

NFL spokesman Greg Aiello said Suh's hearing will be with Art Shell, an appointed appeal officer who is paid by the league and NFLPA. As of late Tuesday afternoon, the hearing hadn't been scheduled, but the league has said it will expedite the procedure to give Suh and Lions an answer before Sunday's game at New Orleans.

THE ASSOCIATED PRESS

QB CHANGE

Colts shake things up

Curtis Painter and Larry Coyer are out in Indianapolis, and it could be just the start of the changes for the winless Colts.

Coach Jim Caldwell broke up a normally quiet Tuesday by announcing that Coyer had been fired as defensive co-ordinator and that Dan Orlovsky would replace Painter at quarterback when the Colts play at New England on Sunday. Longtime linebackers coach Mike Murphy will replace Coyer.

The moves come in the midst of a shocking 0-11 season, Indianapolis' worst start since 1986, and two days after Indy may have lost its last chance at a victory.

"It's not an easy day," Caldwell said.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	25	14	7	2	2	80	63	32	8-1-2-0	6-6-0-2	5-4-1-0	L1
d-Toronto	24	14	8	1	1	79	75	30	6-3-1-1	8-5-0-0	5-4-0-1	W3
d-Florida	24	13	7	1	3	67	60	30	5-2-1-3	8-5-0-0	6-3-1-0	W1
NY Rangers	21	13	5	1	2	60	45	29	7-1-0-1	6-4-1-1	8-2-0-0	W3
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
Buffalo	24	13	10	0	1	68	63	27	6-7-0-1	7-3-0-0	4-5-0-1	L1
Ottawa	24	12	10	1	1	75	83	26	6-4-0-1	6-6-1-0	5-3-1-1	W2
Washington	23	12	10	0	1	71	75	25	8-3-0-1	4-7-0-0	3-6-0-1	L3
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	23	11	10	0	2	63	72	24	7-3-0-0	4-7-0-2	5-5-0-0	L1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	24	9	11	3	1	70	80	22	5-4-0-0	4-7-3-1	4-4-2-0	L2
Carolina	26	8	14	2	2	61	86	20	5-7-0-2	3-7-2-0	3-7-0-0	L4
NY Islanders	22	7	11	3	1	43	69	18	5-6-2-0	2-5-1-1	3-5-2-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	24	14	7	2	1	57	53	31	9-4-1-0	5-3-1-1	7-3-0-0	W1
d-Chicago	25	14	8	1	2	80	78	31	7-2-0-2	7-6-1-0	6-4-0-0	L1
d-Phoenix	23	13	7	1	2	65	57	29	7-4-1-1	6-3-0-1	6-3-1-0	W2
St. Louis	24	14	8	0	2	59	50	30	8-2-0-1	6-6-0-1	7-1-0-2	W4
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
Dallas	24	14	9	0	1	62	65	29	8-3-0-1	6-6-0-0	3-6-0-1	W1
Los Angeles	24	12	8	2	2	57	55	28	7-6-0-1	5-2-2-1	6-3-1-0	W1
San Jose	21	13	7	1	0	60	48	27	6-4-1-0	7-3-0-0	6-3-1-0	L2
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Edmonton	24	12	10	0	2	65	60	26	6-3-0-1	6-7-0-1	3-7-0-0	L2
Nashville	24	11	9	3	1	60	63	26	4-3-2-1	7-6-1-0	4-4-2-0	L1
Calgary	23	10	12	1	0	51	60	21	5-5-1-0	5-7-0-0	4-6-0-0	W2
Colorado	24	10	13	1	0	62	73	21	4-9-0-0	6-4-1-0	3-7-0-0	L1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	23	6	14	0	3	54	75	15	5-7-0-1	1-7-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Ottawa 6 Winnipeg 4
Calgary 1 Nashville 0
N.Y. Islanders 2 Buffalo 1
St. Louis 2 Washington 1
Florida 3 Carolina 1
N.Y. Rangers 4 Pittsburgh 3
Phoenix 4 Chicago 1
Columbus at Vancouver
Monday's results
Nashville 2 Edmonton 1
Dallas 3 Colorado 1
Los Angeles 2 San Jose 0
Minnesota 3 Tampa Bay 1
Tonight's games
All times Eastern
Boston at Toronto, 7 p.m.
Tampa Bay at Detroit, 7:30 p.m.
New Jersey at Colorado, 9:30 p.m.
Minnesota at Edmonton, 9:30 p.m.
Montreal at Anaheim, 10 p.m.
Tomorrow's games
Pittsburgh at Washington, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
Phoenix at Winnipeg, 8:30 p.m.
Ottawa at Dallas, 8:30 p.m.
Columbus at Calgary, 9 p.m.
Nashville at Vancouver, 10 p.m.
Florida at Los Angeles, 10:30 p.m.
Montreal at San Jose, 10:30 p.m.
Friday's games
Detroit at Buffalo, 7:30 p.m.
New Jersey at Minnesota, 8 p.m.
N.Y. Islanders at Chicago, 8:30 p.m.
St. Louis at Colorado, 9 p.m.
Columbus at Edmonton, 9:30 p.m.
Philadelphia at Anaheim, 10 p.m.

SENATORS 6, JETS 4

First Period
1. Ottawa, Michalek 13 (Alfredsson, Foligno) 15:55
Penalties — Spezza Ott (slashing) 3:13; Byfuglien Wpg (roughing) 18:34.
Second Period
2. Winnipeg, Wheeler 2 (Little, Byfuglien) 7:06
3. Winnipeg, Burmistrov 5 (Glass, Fehr) 15:07
4. Ottawa, Smith 5 (Condra) 15:42
5. Ottawa, Michalek 14 (Phillips, Condra) 19:16
Penalties — Konopka Ott (hooking) 8:49, Condra Ott (tripping) 10:09, Oduya Wpg (tripping) 17:05.
Third Period
6. Winnipeg, Kane 11 (Bogosian) 1:24
7. Winnipeg, Kane 12 (Flood, Little) 2:41 (pp)
8. Ottawa, Spezza 9 (Karlsson, Phillips) 9:35
9. Ottawa, Smith 6 (Gonchar, Daugavins) 13:45 (pp)
10. Ottawa, Foligno 7 (Winchester, Greening) 18:52 en
Penalties — Foligno Ott (tripping) 1:53, Glass Wpg (slashing) 4:07, Butler Ott (hooking) 6:36, Oduya Wpg (hooking) 13:05, Wheeler Wpg, Daugavins Ott (unsportsmanlike conduct) 18:52.
Shots on goal

Ottawa	12	8	14	34
Winnipeg	14	13	16	43

Goal — Ottawa: Anderson (W,11-7-1); Winnipeg: Pavelec (L,7-9-4). **Power plays (goals-chances)** — Winnipeg: 1-5; Ottawa: 1-4.
Referees — Stephane Auger, Chris Lee. **Linesmen** — Steve Miller, Bryan Pancich.
Attendance — 15,004 (15,004) at Winnipeg.

FLAMES 1, PREDATORS 0

First Period
1. Calgary, Smith 1 (Brodie, Iginla) 18:50
Penalty — Comeau Cal (high-sticking) 19:39.
Second Period — No Scoring.
Penalty — Erat Nash (boarding) 9:10.
Third Period — No Scoring.
Penalties — Horak Cal (high-sticking) 2:38, Smith Nash (tripping) 10:36, Comeau Cal (hooking) 14:56.
Shots on goal

Nashville	9	6	11	—26
Calgary	7	7	15	—29

Goal — Nashville: Rinne (L,10-8-4); Calgary: Kiprusoff (W,10-9-0). **Power plays (goals-chances)** — Nashville: 0-3; Calgary: 0-2.
Attendance — 19,289 (19,289) at Calgary.

ISLANDERS 2, SABRES 1

First Period
1. N.Y. Islanders, Moulson 8 (Streit, Parenteau) 6:47 (pp)
Penalties — Szczechura Buf (high-sticking) 5:39, Mottau NYI (slashing) 8:52, Martin NYI, Kassian Buf (fighting), Niederreiter NYI (interference) 13:27, Pominville Buf (holding) 16:17.
Second Period — No Scoring.
Penalty — Kassian Buf (interference) 18:21.
Third Period
2. Buffalo, Hecht 2 (Pominville, Vanek) 1:54
3. N.Y. Islanders, Rolston 3 (Ullstrom, Bailey) 9:23
Penalties — Streit NYI (hooking) 10:42, Bailey NYI (kneeing) 11:08.
Shots on goal

N.Y. Islanders	6	12	12	—30
Buffalo	8	8	15	—31

Goal — N.Y. Islanders: Montoya (W,4-3-1); Buffalo: Enroth (L,8-4-1). **Power plays (goals-chances)** — N.Y. Islanders: 1-3; Buffalo: 0-4.
Attendance — 18,690 (18,690) at Buffalo, N.Y.

BLUES 2, CAPITALS 1

First Period
1. Washington, Backstrom 8 (Ovechkin, Vokoun) 10:15
2. St. Louis, Oshie 7 (Steen, Backes) 15:48
Penalties — None.
Second Period
3. St. Louis, D'Agostini 6 (Berglund, Stewart) 8:54
Penalties — Laich Wash (tripping) 3:52, Brouwer Wash (double high-sticking) 4:31, Shattenkirk StL (hooking) 5:28.
Third Period — No Scoring.
Penalties — Nichol StL, Hendricks Wash (fighting) 1:59, Chimera Wash (tripping) 13:39, Oshie StL (slashing) 19:40.
Shots on goal

St. Louis	9	11	10	—30
Washington	5	6	8	—19

Goal — St. Louis: Halak (W,4-7-2); Washington: Vokoun (L,10-6-0). **Power plays (goals-chances)** — St. Louis: 0-4; Washington: 0-1.
Attendance — 18,506 (18,398) at Washington.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Versteeg, Fla	12	14	26
Vanek, Buf	12	14	26
Stamkos, TB	15	10	25
Toews, Chi	13	12	25
Nugent-Hopkins, Edm	10	15	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25

Last night's games not included

HOCKEY

AHL

Last night's results
Milwaukee 8 Abbotsford 3
Grand Rapids 4 Toronto 3 (OT)
Connecticut 4 Hershey 2
Norfolk 5 Wilkes-Barre/Scranton 2
Tonight's games
All times Eastern
Syracuse at Adirondack, 7 p.m.
Texas at Charlotte, 7 p.m.
Houston at Lake Erie, 7 p.m.
Friday's games
Bridgeport at Albany, 7 p.m.
Toronto at Grand Rapids, 7 p.m.
Manchester at Binghamton, 7:05 p.m.
Connecticut at Providence, 7:05 p.m.
Portland at Wilkes-Barre/Scranton, 7:05 p.m.
St. John's at Hamilton, 7:30 p.m.
Adirondack at Norfolk, 7:30 p.m.
Hershey at Syracuse, 7:30 p.m.
Springfield at Worcester, 7:30 p.m.
Houston at Rochester, 7:35 p.m.
Peoria at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Lake Erie at Rockford, 8:05 p.m.
Abbotsford at Chicago, 8:30 p.m.
Saturday's games
Houston at Toronto, 3 p.m.
Binghamton at Worcester, 7 p.m.
Albany at Bridgeport, 7 p.m.
Texas at Charlotte, 7 p.m.
Chicago at Grand Rapids, 7 p.m.
Rochester at Hamilton, 7 p.m.
Portland at Hershey, 7 p.m.
Providence at Manchester, 7 p.m.
Connecticut at Springfield, 7 p.m.
Adirondack at Norfolk, 7:15 p.m.
Wilkes-Barre/Scranton at Syracuse, 7:30 p.m.
Milwaukee at Peoria, 8 p.m.
Oklahoma City at San Antonio, 8 p.m.
Abbotsford at Rockford, 8:05 p.m.

SOCCER

(Home teams listed first)

ENGLAND

LEAGUE CUP
Quarter-finals
Cardiff 2 Blackburn 0
Chelsea 0 Liverpool 2
Arsenal 0 Manchester City 1
LEAGUE CHAMPIONSHIP
Burnley 4 Ipswich 0
Derby 0 Brighton 1
Leicester 2 Blackpool 0
Middlesbrough 0 West Ham 2
Millwall 3 Doncaster 2
Nottingham Forest 0 Leeds 4
Southampton 2 Hull 1
Watford 2 Bristol City 2
Reading 3 Peterborough 2

ITALY

SERIE A
Napoli 3 Juventus 3
COPPA D'ITALIA
Fourth Round
Parma 0 Verona 2
Catania 2 Novara 3

SPAIN

LA LIGA
Barcelona 4 Rayo Vallecano 0

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST

	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	5	0	.545	252	277
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	8	3	0	.727	362	252
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305

NORTH

	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

Monday's result
New Orleans 49 N.Y. Giants 24
Tomorrow's game
All times Eastern
Philadelphia at Seattle, 8:20 p.m.
Sunday's games
Kansas City at Chicago, 1 p.m.
Atlanta at Houston, 1 p.m.
Denver at Minnesota, 1 p.m.
Carolina at Tampa Bay, 1 p.m.
Cincinnati at Pittsburgh, 1 p.m.
N.Y. Jets at Washington, 1 p.m.
Oakland at Miami, 1 p.m.
Tennessee at Buffalo, 1 p.m.
Indianapolis at New England, 1 p.m.
Baltimore at Cleveland, 4:05 p.m.
St. Louis at San Francisco, 4:15 p.m.
Dallas at Arizona, 4:15 p.m.
Green Bay at N.Y. Giants, 4:15 p.m.
Detroit at New Orleans, 8:20 p.m.
Monday, Dec. 5
San Diego at Jacksonville, 8:30 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

KANSAS CITY ROYALS—Agreed to terms with RHP Jonathan Broxton on a one-year contract.
TEXAS RANGERS—Named Greg Maddux special assistant to the general manager.

NATIONAL LEAGUE

HOUSTON ASTROS—Agreed to terms with C Carlos Corporan on a minor league contract.
MILWAUKEE BREWERS—Named Joe Ayrault manager and Ned Yost IV coach of Brevard County (FSL); Jeff Isom manager and Don Money special instructor of Helena (Pioneer); and Andy Pratt professional scout.
NEW YORK METS—Agreed to terms with OF Adam Loewen on a minor league contract.
PHILADELPHIA PHILLIES—Released RHP Scott Mathieson.
SAN FRANCISCO GIANTS—Signed senior VP & GM Brian Sabean & manager Bruce Bochy to contract extensions through 2013 season.

FOOTBALL

NFL

LEAGUE OFFICE—Suspended Detroit DT Ndamukong Suh 2 games after stomping on the arm of Green Bay G Evan Dietrich-Smith during a Nov. 24 game.
CHICAGO BEARS—Signed LB Patrick Trahan from practice squad. Waived/injured LB Brian Iwuh.
CINCINNATI BENGALS—Signed DT Cornell Banks to the practice squad. Released LB Bruce Davis from the practice squad.
CLEVELAND BROWNS—Waived LS Ryan Pontbriand. Placed LB Scott Fujita & DE Emmanuel Stephens on injured reserve. Signed LS Christian Yount. Signed LB Benjamin Jacobs & DL Brian Sanford from practice squad. Signed DL Ayanga Okpokowuruk, DB David Sims & LB Brian Smith to practice squad.
INDIANAPOLIS COLTS—Fired defensive co-ordinator Larry Coyer. Promoted linebackers coach Mike Murphy to defensive co-ordinator.
JACKSONVILLE JAGUARS—Fired coach Jack Del Rio. Named defensive co-ordinator Mel Tucker interim coach.
KANSAS CITY CHIEFS—Released OT Jared Gaither. Signed OT David Mims.
NEW ENGLAND PATRIOTS—Released CB Phillip Adams.
NY JETS—Signed S Tracy Wilson from practice squad.

HOCKEY

NHL

LEAGUE OFFICE—Fined Pittsburgh F James Neal $2,500 for high-sticking Montreal D P.K. Subban during Saturday's game.
CAROLINA HURRICANES—Reassigned F Brett Sutter to Charlotte (AHL).
DALLAS STARS—Assigned F Francis Wathier to Texas (AHL).
FLORIDA PANTHERS—Recalled C Mark Cullen from San Antonio (AHL). Reassigned G Brian Foster to Cincinnati (ECHL).
MONTREAL CANADIENS—Called up C Louis Leblanc from Hamilton (AHL).
NASHVILLE PREDATORS—Recalled F Kyle Wilson from Milwaukee (AHL).
NEW JERSEY DEVILS—Sent D Alexander Urbom to Albany (AHL). Waived C Brad Mills.
ST. LOUIS BLUES—Recalled D Cade Fairchild from Peoria (AHL).

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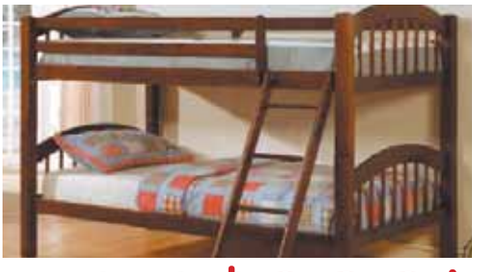

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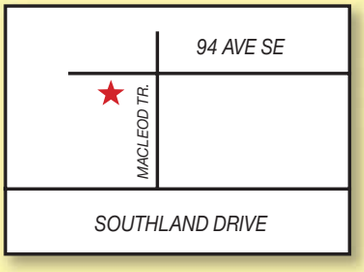

Motor

The electrical portion of the powertrain consists of the usual 60-kilowatt (80-horsepower) motor that's energized by a lithium-ion battery pack located beneath the cargo floor. That's the same spot as the standard Prius's nickel-metal-hydrid batteries. The advantage of lithium-ion technology is that it's lighter, more energy efficient and holds a charge for longer periods.

As with all Prius models, power is directed to the front wheels via a continuously variable transmission.

Charging

Beyond operating for a modest distance on electric power, the PHV can be replenished in a relatively quick 2.5-to-three hours using 120-volt household current. Toyota provides a 4.5-metre-long cable that plugs into a connection hidden behind a spring-loaded door on the passenger-side rear quarter panel. Buyers have the option of a 240-volt outlet that cuts charging time to 1.5 hours, however they will have to opt for the "Level 2" home charging station available through Toyota dealers.

Fuel efficiency

As for the all-important question of fuel consumption, Toyota claims the PHV earns the equivalent of 1.75 l/100 km on electric power alone (presumably based on typical power costs) and about 3.7 l/100 km when functioning in hybrid mode, compared with 3.7 city and 4.0 highway for a standard Prius.

▶ It looks like any other Prius because it is like any other Prius, just with more battery power for extended electric-only use.

This Prius has a bit more spark

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

The Prius is the world's most successful gasoline-electric hybrid brand with more than two million copies sold since its 1997 launch. The fuel-frugal Toyota celebrates its 15th anniversary by adding a wagon to the lineup as well as the Plug-in Hybrid, or PHV, which arrives in early 2012.

Although similar to a regular Prius, the PHV has been engineered to offer some advantages of a pure electric vehicle as well as the convenience of a typical hybrid. The result should be significantly improved city fuel economy. For short hops, or gridlocked commuter traffic, the PHV can be driven for up to about 25 kilometres at speeds up to 100 km/h in driver-selectable electric mode. But when a heavier foot on the accelerator is called for and/or the batteries wear down, the 98-horsepower 1.8-litre gas engine instantly kicks in and both power systems provide the necessary thrust, the same as a regular Prius model. The batteries can also be partially replenished from energy captured through braking.

Determining if the PHV is worth the extra cost will ultimately depend on your particular driving habits, such as distance travelled and your ability to baby the throttle around town. For most people, the popular standard Prius will do just fine, while the PHV takes conserving gas and preserving the environment to a whole new level.

5 drive

By comparison

Nissan Leaf
Base price: $40,000
If you want electric, then just go for it. Downside is long charge time.

Mitsubishi i
Base price: $34,500
Short hops only; Prius is more car that does more and costs more, too.

Chevrolet Volt
Base price: $43,000
Gas generator maintains electric motor's function when batteries run low.

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metro

This used Audi is fit for the race track

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The 2007 to 2008 Audi RS4 might have been one of the world's foremost sleeper sedans.

Subtle and discreet styling upgrades concealed a track-tuned chassis, high-performance version of the brand's Quattro AWD system and a race-ready engine.

The RS4 Sedan was available on our shores as a 2007 or 2008 model that came with upgraded aerodynamics, brakes and suspension components.

Engine

All RS4 models came just one way: with a 4.2-litre V-8 cranking out 420 horsepower en route to an 8,000 RPM redline, teamed up with AWD and a six-speed manual transmission.

What owners like

RS4's discreet, ultra-performance execution was its major draw. Performance, relative comfort handling, all-season capabilities and a semi-practical four-door body rounded out the owner-stated praise points for the RS4.

What owners dislike

Gripes commonly included limited rear-seat space, a rough ride on some surfaces and, of course, excessive fuel consumption.

Common issues

Be sure the engine on the model you're considering is cold when you first start it up, then check for blue smoke from the tailpipes. Some oil consumption with this engine is considered normal, and may be caused by an easy-to-fix crankcase ventilation system valve.

Poor performance or an inconsistent, "sputtering" feel to the power delivery could indicate a bad ignition coil pack.

Have a mechanic check for fluid leaks and ensure the shock absorbers aren't worn out or "blown".

Verdict

All in all, a well-maintained RS4 should provide an extremely rewarding and relatively worry-free year-round motoring experience for years to come. Just budget for a radar-detector, too.

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$29,990

2007 Chevy Cobalt SS
Stock#7320A – Auto, Loaded

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2007 Cadillac Escalade EXT
#6687A - Loaded, Nav, DVD, 22's

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Stock #7371A – V6, Fully Loaded, Auto, Only 88K

$8,990

2006 Buick Allure CXL
#7399A – Loaded, V6, only 43,000 km's

$13,990

2008 Chevy Silverado 2500 HD LTZ
#7373A – Loaded, Crew Cab, Nav

$39,990

2008 Buick Enclave CX
Stock #7350A – Fully Loaded, Leather, DVD

$22,950

2007 Ford Edge SEL Plus
#7365A – Loaded, Leather, Sunroof

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Top Gear

PHOTOS COURTESY OF WHEELBASE

1

Chess players know that the pieces on the board can be made from wood, plastic, marble, etc. Mexican sculptor Armando Ramierz has created what he calls his Rustic Warriors chess set produced from reclaimed used auto parts.

For example, the queen is made from electrical-system components, the bishops from discarded screws plus NKG and AC Delco spark plugs and the castles and pawns from various cogs.

The board resonates with metal-on-metal sounds as the pieces are moved about the alloy surface. No two games are exactly alike and prospective buyers are reminded that the game's industrial-like design includes plenty of patina, such as scratches, smudges and discolouration. Ramirez sells his Rustic Warriors sets for about $200 through a variety of online resellers. findgift.com.

2

For that overnight or weekend car trip, it feels great to drive and arrive looking your best. And that includes packing your gear in something really cool, such as the Waxed Canvas Safari Bag from J.L. Powell.

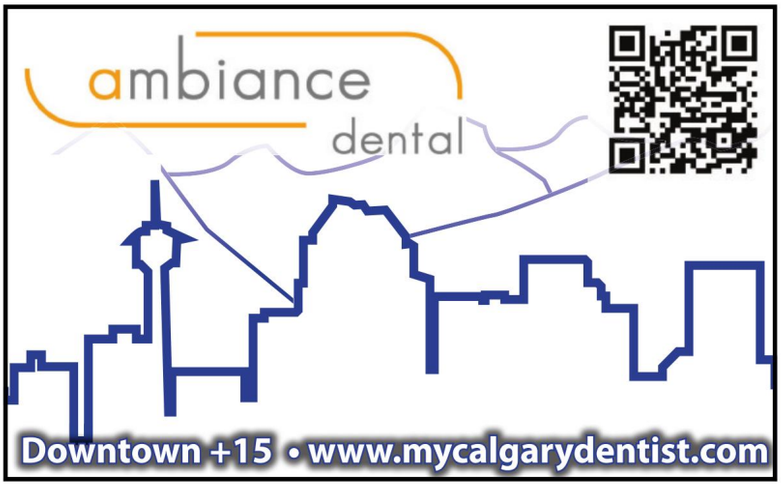
The company states that the design of this ruggedly elegant piece of luggage was inspired by the house-call doctor bag of the horse-and-buggy era.

As the name implies, the tan-coloured Safari Bag is made using nylon-lined waxed canvas with stitched leather straps and antique-style brass fittings.

A convenient detachable shoulder strap is also included. The bag is available in tan only for $485 from jlpowellusa.com.

WHEELBASE

ambiance dental



DON'T LET ADMINISTRATION FEES SURPRISE YOU

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ISTOCK

▶ As soon as you step foot on a new or used car lot, ask about any fees that will be tacked on to the vehicle's price.

The thing I most like about getting a bill from a utility company is discovering what new and exciting charges they've managed to come up with since my last bill.

I particularly enjoyed first seeing the one called "customer charge" — so ambiguous, so all encompassing, so delightful.

Some retailers in the car industry are equally creative. Both new and used car dealerships sometimes tack on an Administration Fee or a Documentation Fee. Either way, this is a charge initiated by each specific dealership (new or used) and can run anywhere from $295 to $595 — and beyond.

Most used car dealerships will charge this fee, but not all new-car dealerships. In fact, most automakers try to police this — with mixed results. This creates the situation where dealerships in the same city, selling the same brands, might have different "admin" fee policies.

One sure thing about admin fees — buyers hate them. Extra fees are one thing, but what infuriates customers even more are when these fees are only brought up during the paperwork stage.

"When you sit down and see that it has been added to your last negotiated price, you can always step back from the table," says Carl Compton, executive director and registrar of OMVIC.

"If you feel it's not worth it, or not comfortable with it, restart the negotiations."

The Ontario Motor Vehicle Industry Council (OMVIC) is the entity that enforces Ontario's Motor Vehicle Dealers Act. Each province has its own council and respective "dealers act."

Compton notes that the council is often asked to weigh in on the legitimacy of these admin or documentation fees.

"The only thing we've been able to say is that they are almost a tradition in the industry, for dealers to charge customers for some of the overhead fees they have to deal with. You, as a consumer, should expect that it would probably be tacked on. There is nothing mandatory about it… There is nothing illegal about charging admin fees, but there is nothing from preventing you from negotiating them out as well."

British Columbia, Alberta, Ontario and Quebec all have legislation that requires dealers and/or dealer groups to disclose any mandatory fees — including admin fees — in their advertised prices.

So the take-away here, is to be aware of them right from the get go.

As soon as you step foot on a new or used car lot, ask about any fees that will be tacked on to the vehicle's price. Don't find out about them late in the car buying stage, when you're already emotionally attached to the vehicle you want to buy, and/or so emotionally drained by the buying process you'll pay that extra bit, just to make it stop.

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Carmakers' concern is sustainability

Recycling process gaining attention from automakers

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

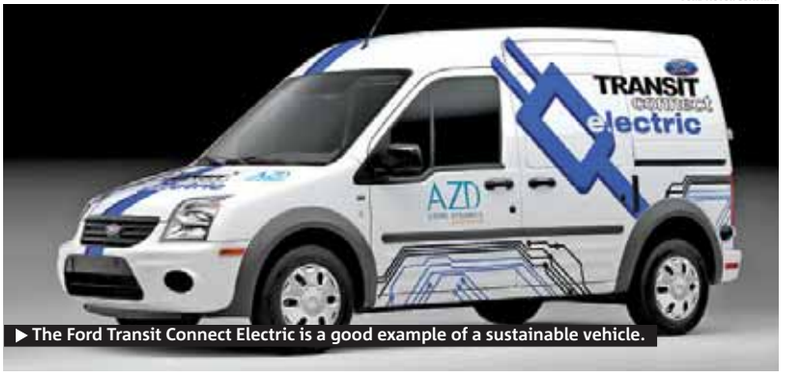
It's no longer enough for automakers to simply build cars that are stylish or have all the latest options. Sustainability is now a driving force, as auto companies tackle such issues as fuel efficiency, alternative powertrains and how to recycle vehicles and components at the end of their lives.

"It's about providing transportation to future generations without having it negatively impacting the environment," says John Viera, director of sustainability for Ford Motor Company. He adds that it's also about educating consumers on the new choices they face.

"We're talking about different fuels, different batteries, and consumers are overwhelmed by the amount of information they need to know."

Cost is a major issue, whether it's the batteries in electric vehicles or extra engine components on vehicles that burn compressed natural gas. There also needs to be infrastructure to supply these fuels. This was always left to gas companies in the past, which refined the fuel and transported it to the stations; for possibly the first time, automakers are now involved in the process.

FORD MOTOR COMPANY



▶ The Ford Transit Connect Electric is a good example of a sustainable vehicle.

"The good news is that everyone has electricity at their house or work, so we've decided to work on how we provide charging equipment that is easily installable at home or at work," Viera says.

"We don't try to set up utility stations like gas companies putting in gas pumps, but we are working directly in getting people involved in home charging. These vehicles are parked there for long periods and that's where our focus has been. We think the majority of charging will happen at home or work, not at a public station."

The batteries themselves present issues. Those that use lithium-ion are now becoming the electric vehicle standard. The easiest lithium to mine is in Bolivia, Chile and China, where it's the equivalent of accessible Saudi Arabian oil; deposits in North America are more like the tar sands, harder and costlier to extract. Recycling batteries for their lithium isn't cost-effective yet, and Viera says that automakers will have to work on this.

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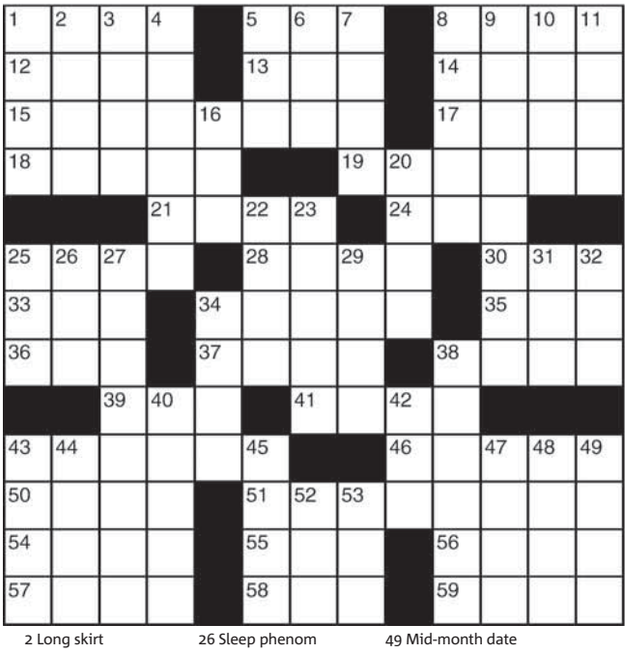

Across

1 Mosque bigwig
5 Scale member
8 Equipment
12 Hardy cabbage
13 Commotion
14 World's fair
15 Went boom
17 Newspaper page
18 Supermarket section
19 Undergo without yielding
21 Exam format
24 Still, in verse
25 Make tea
28 Took to the skies
30 Festive
33 Actor Harrison
34 Animal stomachs
35 Away from WSW
36 Pump up the volume
37 Base runner's goal
38 Tosses in
39 Historic period
41 Venomous vipers
43 What to call an English nobleman
46 Puppeteer Lewis
50 Norway's capital
51 Atoned for
54 Coaster
55 Central
56 Fashion
57 Danson and Nugent
58 Eggs
59 Heroic verse

Down

1 Furniture store chain
2 Long skirt
3 Swiss peaks
4 Laid-back
5 Despondent
6 Rhyming tribute
7 Source of wealth
8 Crystal-lined rock
9 Obliterated
10 Mimic
11 Took the bus
16 "— the ramparts ..."
20 Information
22 Frizzy coiffure
23 Camel's cousin
25 Bikini half
26 Sleep phenom
27 Kicked out of school
29 Rams fans?
31 Moreover
32 "Certainly"
34 Burn somewhat
38 Fats Domino's "Ain't That —"
40 Crucifixes
42 Omega preceder
43 Lion's share
44 Capri, for one
45 Showroom sample
47 On
48 Start over
49 Mid-month date
52 Louis —
53 BlackBerry, for ex.

▶ Yesterday's answer

E	G	A	D		S	I	C		N	A	P	E
T	O	R	I		N	I	H		E	L	U	L
C	O	C	K	T	A	I	L		P	O	R	K
			D	I	P		O	C	H	E	R	S
T	R	A	I	T		T	R	E	E			
H	A	N	K		T	A	I	L	W	I	N	D
A	N	O		B	R	U	N	T		R	O	E
W	I	N	D	P	I	P	E		N	I	N	E
			R	O	U	E		A	E	S	O	P
E	S	T	E	E	M		O	W	E			
L	I	R	A		P	I	P	E	D	O	W	N
S	L	I	M		H	O	E		L	U	A	U
E	L	M	S		S	U	N		E	R	S	T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 You will be focusing on mundane matters such as how to pay the bills and make ends meet today.

♉ Taurus April 21-May 21 Don't let others infect you with their doom and gloom attitude. You know that misery loves company.

♊ Gemini May 22-June 21 If you don't want to get in the bad books of people you live and work with, don't second guess them.

♋ Cancer June 22-July 22 If something that usually goes right for you starts going wrong today, it's a sign you need to think again.

♌ Leo July 23-Aug.23 With mind planet Mercury currently moving retrograde, you must make sure you've got your facts straight.

♍ Virgo Aug. 24- Sept. 22 Having second thoughts about something in which you're involved? It would be a mistake to make changes.

♎ Libra Sept. 23-Oct. 23 What people say and what they mean will be two very different things today. It pays to be suspicious.

♏ Scorpio Oct. 24-Nov. 22 You may be at a loss to explain why certain things are happening, but don't make too big a deal of it.

♐ Sagittarius Nov. 23-Dec. 21 The more someone complains about what you are doing, the more you will do it.

♑ Capricorn Dec. 22-Jan. 20 If you're the kind of Capricorn who learns from your mistakes, you will learn a lot over the next 24 hours.

♒ Aquarius Jan. 21-Feb. 18 You will have a hard time convincing people today. Live and let live.

♓ Pisces Feb. 19-March 20. The more people make an issue of something that doesn't bother you, the more necessary it is to distance yourself. SALLY BROMPTON

Sudoku

	7		3			5	8	
6				8		1		2
8				7				
	1	3			8		9	
				1				
	8		5			4	1	
				5				4
2		7		3				1
	6	8			9		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	2	5	4	6	3	9	7
6	3	9	8	7	1	5	4	2
4	7	5	2	9	3	1	8	6
9	2	3	1	5	8	7	6	4
5	6	7	3	2	4	8	1	9
8	4	1	9	6	7	2	5	3
3	9	6	7	1	5	4	2	8
7	5	4	6	8	2	9	3	1
2	1	8	4	3	9	6	7	5

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

To BH,
Hi Honey, 24 days and counting before you are here with me. I am so looking forward to seeing you, holding you and kissing you. All I want for Christmas is you.....Love you more xxxxxxx
MPPP

Propellor
We only every see each other briefly, maybe once a week. But your sweet smile sustains me until the next time. I wonder if you're single? I hope so, as I'm determined to get to know the person behind that beautiful face.
GROWLER

Hey Lady
the longest of nights, just thinking of your soft skin, and your fiery red hair.
MISTER

A look at the weather

TODAY	THURSDAY	FRIDAY
Min -1°	Min -9°	Min -4°
Max -1°	Max 4°	Max 6°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30AM

BT BREAKFAST TELEVISION

Caption contest

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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RONA

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2x the AIR MILES reward miles

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†From November 30 – December 4, 2011. Limit one Bonus offer per transaction. Coupon must be presented at time of purchase. Purchase must be made in a single transaction. AIR MILES coupons cannot be combined with any other discount offer or AIR MILES coupon offer including Customer Appreciation Day & Senior's Day. Not valid at Safeway Liquor Stores. Coupon excludes prescriptions, diabetes merchandise, insulin pumps, insulin pump supplies, blood pressure monitors, tobacco, transit passes, gift cards, enviro levies, bottle deposits and sales tax. Other exclusions apply. See Customer Service for complete list of exclusions. ††This promotion runs from Thursday, December 1-4, 2011, at all participating RONA stores. The consumers will earn 2x the AIR MILES reward miles with any purchase of $20 or more. Excluding taxes and the purchase of gift cards. Bonus offer applies to the total base reward miles earned on qualifying purchase amount or amount paid as a deposit on special order. ‡Offer valid from December 2-4, 2011. Earn 20 Bonus AIR MILES reward miles when you spend at least $100 in a single transaction at participating Toys"R"Us or Babies"R"Us locations in Alberta, excluding all taxes, delivery services, assembly services, buyer protection plans, charitable donations, all gift cards, electronics levies, environmental and other third-party fees. Limit of one AIR MILES reward miles Bonus offer per transaction. AIR MILES reward miles offers are not available for online purchases. Other exclusions may apply. See store for details. ‡‡Offer valid November 11 – December 15, 2011. Earn 300 Bonus AIR MILES reward miles with the purchase of any Flat Panel TV and all 3 of the following: Home Theatre System, TV Stand or Mount and In-Home Set-Up in a single transaction. Earn 100 Bonus reward miles with the purchase of any Flat Panel TV and any 2 of the following: a Home Theatre System, TV Stand or Mount or In-Home Set-Up in a single transaction. Earn 50 Bonus reward miles with the purchase of any Flat Panel TV and any 1 of the following: a Home Theatre System, TV Stand or Mount or In-Home Set-Up in a single transaction. Maximum amount of reward miles available with this offer is 300. This offer is not valid for online purchases. Offer cannot be applied to previous purchases. Offer cannot be combined with any other AIR MILES discount or Bonus offer. Visions Electronics reserves the right to change or cancel this offer at any time. Standard base AIR MILES reward miles offer is 1 reward mile per $40 spent, before taxes. This AIR MILES reward miles offer and base AIR MILES reward miles offers have no cash surrender value. AIR MILES reward miles offered on new purchases only. AIR MILES reward miles available at all Visions Electronics locations in Manitoba, Alberta, Saskatchewan and British Columbia and at visions.ca. See in-store for full details. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.